



This document shows the progression of knowledge (Know), skills (Show) and the development of a child's characteristics (Grow) each week throughout the unit.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Know	<p>That I can't lift the stick higher than my waist (Year 5)</p> <p>If using Quick Sticks, that everybody plays right-handed and can only use the flat side of the stick (Year 6)</p>	<p>That I need to use the flat side of the stick only (Year 5)</p> <p>The technique for push passing (Year 6)</p> <p>How to receive a ball by cushioning its impact (Year 5 &amp; Year 6)</p>	<p>How and when to carry out a jab tackle (Year 5)</p> <p>That I need to move to space after passing (Year 6)</p>	<p>When to pass a ball and when to dribble (Year 5)</p> <p>When defending, to close the space (Year 6)</p>	<p>How to play in a formation (Year 5)</p> <p>To use the width of the pitch when attacking (Year 6)</p> <p>How to make the most of a numerical advantage (Year 5 &amp; Year 6)</p>	<p>The rules of hockey and how to officiate a game (Year 5)</p> <p>To demonstrate the School Games values (Year 6)</p>
Show	<p>Hold the stick correctly (Year 5)</p> <p>Dribble the ball with my head up (Year 6)</p>	<p>Indian dribble (Year 5)</p> <p>Push pass accurately (Year 6)</p>	<p>Jab tackle (Year 5)</p> <p>Pass and move (Year 6)</p> <p>Send and receive under pressure (Year 5 &amp; Year 6)</p>	<p>Work with a partner to get past a defender (Year 5)</p> <p>Develop a range of attacking skills and strategies (Year 6)</p>	<p>Develop my skills in different positions (Year 5)</p> <p>Support my teammates by communicating with them (Year 6)</p>	<p>Respect the rules of the game and decisions of my peers (Year 5)</p> <p>Adapt tactics in a game if they are not working (Year 6)</p>
Grow	<p>Understand the term respect and what it looks like in PE and beyond.</p>	<p>Understand the importance of fair play in PE and sport.</p>	<p>Explore equality and what it means for PE.</p>	<p>Understand the term respect and what it looks like in PE and beyond.</p>	<p>Understand the importance of fair play in PE and sport.</p>	<p>Explore equality and what it means for PE.</p>