



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>Know how a good ready position can give you an advantage when fielding (Year 3)</p> <p>How to form a long barrier to field a hard shot (Year 4)</p>	<p>How to grip a ball when bowling (Year 3)</p> <p>The process of bowling from the coil to release of the ball (Year 4)</p>	<p>How to grip the bat (Year 3)</p> <p>How to move back and across, to play the pull shot (Year 4)</p> <p>What the crease is for (Year 3 & Year 4)</p>	<p>How to position myself when wicketkeeping so there are no obstructions to my vision (Year 3)</p> <p>To back up my fellow fielders in the field (Year 4)</p>	<p>The different calls I can make as batsman (Year 3)</p> <p>When to slide my bat to make my ground when running between the wickets (Year 4)</p>	<p>Why I need to call my name if going for a high catch (Year 3)</p> <p>The batter calls and the circumstances when each should be made (Year 4)</p>
Show	<p>Throw accurately and powerfully (Year 3)</p> <p>Stop hard balls struck at me by forming a long barrier (Year 4)</p>	<p>Bowl a ball overarm with a straight arm (Year 3)</p> <p>Bowl with increasing accuracy (Year 4)</p>	<p>Stand sideways-on, with a high back lift, ready to receive a ball (Year 3)</p> <p>Step back and across to pull a short ball (Year 4)</p>	<p>Take up a wicket keeping stance and take balls bowled on both sides of the wicket (Year 3)</p> <p>Pick up one-handed and throw (Year 4)</p> <p>Back up my fellow fielders in the field (Year 3 & Year 4)</p>	<p>Bowl with a run up (Year 3)</p> <p>Bat successfully with a partner, communicating effectively (Year 4)</p>	<p>Play purposefully in a competitive game, taking on multiple roles effectively (Year 3)</p> <p>Communicate effectively with a partner when batting (Year 4)</p>
Grow	<p>Understand how distractions might impact performance in PE and beyond.</p>	<p>Explore emotions and how the might impact performance in PE and beyond.</p>	<p>Understand the importance of reflection in order to improve in PE and beyond.</p>	<p>Understand how distractions might impact performance in PE and beyond.</p>	<p>Explore emotions and how the might impact performance in PE and beyond.</p>	<p>Understand the importance of reflection in order to improve in PE and beyond.</p>