



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	I know to cushion the impact of landing when jumping	How to navigate my way around using a simple map	I know where best to stand to give clear instructions;	I can lead my partner in an appropriate warm up	I know how to support my team mates positively	I understand that planning before we start tackling a problem can save time
Show	I can jump and maintain my balance; can reach, lift and put down	I can follow a map and work with others to solve mathematical clues	I can give clear directions; I can follow clear directions	I know how to motivate someone and what some of the benefits of exercise are	I can work with control and make good decisions	I can find clues using a map
Grow	Grow in confidence by attempting new activities in PE	Students will understand how outside of PE being active can make them healthier and happier	Students will know why good posture and balance are important in everyday life	Grow in confidence by attempting new activities in PE	Students will understand how outside of PE being active can make them healthier and happier	Students will know why good posture and balance are important in everyday life