



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	How to use control and co-ordination	How to create a sequence that involves control and coordination	The meaning of transitions	How to construct an effective sequence	How to construct an effective sequence.	How to adapt a sequence effectively from partner work to group work.
Show	Demonstrate control and co-ordination, perform a range of actions independently and collaboratively	Use partner balances, demonstrating control and coordination	Devise and use transitions to create a sequence	Devise, repeat and perform a sequence	Devise, repeat and perform a sequence	Adapt a sequence to work in a small group
Grow	Understand the importance of curiosity when exploring different ideas in and beyond PE.	Understand the importance of being open minded when exploring creative ideas.	Understand the importance of imagination when being creative in PE and beyond.	Understand the importance of curiosity when exploring different ideas in and beyond PE.	Understand the importance of being open minded when exploring creative ideas.	Understand the importance of imagination when being creative in PE and beyond.