



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>How to hold a rugby ball (Year 3)</p> <p>How to score a try (Year 4)</p>	<p>To shout 'Tagged' when I grab an opponent's tags (Year 3)</p> <p>How to restart games after a try has been scored (Year 4)</p>	<p>To run at pace and commit a defender when attacking (Year 3)</p> <p>To close the space down quickly when defending and then brace myself to grab a tag (Year 4)</p>	<p>To support the ball carrier by staying just behind them when in the attacking line (Year 3)</p> <p>What a knock on and forward pass are (Year 4)</p>	<p>To stagger the attacking line and why we do that (Year 3)</p> <p>To defend across the width of the pitch (Year 4)</p> <p>The offside rule (Year 3 & Year 4)</p>	<p>The offside rule (Year 3)</p> <p>How to restart games after a try (Year 4)</p>
Show	<p>Scoop a ball up from the floor (Year 3)</p> <p>Dodge to avoid being tagged by an opponent (Year 4)</p> <p>Tag safely (Year 3 & Year 4)</p>	<p>Pocket pass with accuracy from my right and left (Year 3)</p> <p>Make a target to receive the ball (Year 4)</p> <p>Send and receive a ball under pressure (Year 3 & Year 4)</p>	<p>Pass a rugby ball backwards accurately (Year 3)</p> <p>Dummy a pass (Year 4)</p>	<p>Pass backwards consistently (Year 3)</p> <p>Create an overlap (Year 4)</p>	<p>Pass, missing out players in a line (Year 3)</p> <p>Set up defensively opposite an opponent (Year 4)</p>	<p>Apply a range of skills effectively in a game of rugby (Year 3)</p> <p>Play to the rules (Year 4)</p>
Grow	<p>Understand the importance of defending in sport and competition.</p>	<p>Explore movement within game situations and understand the importance of movements within PE and sport.</p>	<p>Consider the concept of tactics and consider strategies to support a positive outcome in sport and competition.</p>	<p>Understand the importance of defending in sport and competition.</p>	<p>Explore movement within game situations and understand the importance of movements within PE and sport.</p>	<p>Consider the concept of tactics and consider strategies to support a positive outcome in sport and competition.</p>