

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>To be on the balls of my feet when waiting to receive a pass (Year 3)</p> <p>To use the inside of my foot to send when passing over short distances (Year 4)</p> <p>To move into space after passing (Year 3 & Year 4)</p>	<p>Why it's important to take touches with different parts of the foot when dribbling (Year 3)</p> <p>How to position my body in relation to the ball and my opponent when shielding (Year 4)</p>	<p>To get the ball out wide and use the full width of the pitch (Year 3)</p> <p>Which might be the best turn to use in certain circumstances (Year 4)</p>	<p>How to defend against someone in a 1v1 situation (Year 3)</p> <p>When to overlap and underlap in attack (Year 4)</p> <p>To make good decisions when in possession (Year 3 & Year 4)</p>	<p>To attack decisively with the ball and pass and move into space quickly (Year 3)</p> <p>That the team needs to be balanced and that means sometimes playing in a position which isn't my favourite (Year 4)</p>	<p>The importance as a defender of getting into a sideways position where you can see the ball and your opponent (Year 3)</p> <p>To always be planning ahead when out of possession (Year 4)</p>
Show	<p>Trap a ball and cushion it when receiving (Year 3)</p> <p>Pass the ball accurately (Year 4)</p>	<p>Dribble a ball using both feet and manipulate it using different parts of the foot (Year 3)</p> <p>Shield a ball from an opponent (Year 4)</p>	<p>Turn confidently with a football (Year 3)</p> <p>Play a small game and demonstrate my turns (Year 4)</p>	<p>Compensate for a numerical disadvantage by being very well organised when defending as a team (Year 3)</p> <p>Use a numerical advantage by overloading, overlapping and underlapping when attacking (Year 4)</p>	<p>Defend well, watching the ball, jockeying to await the moment to pounce and being decisive (Year 3)</p> <p>Focus and retain my concentration when the ball isn't in my area of the pitch (Year 4)</p>	<p>Progress the attack quicker by getting into sideways positions when receiving the ball (Year 3)</p> <p>Show the skills and knowledge you have developed in a competitive environment (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>