

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 demonstrate non-verbally that I want to receive a pass (Year 5)</p> <p>To get sideways on when throwing overarm (Year 6)</p>	<p>To try to make passes unpredictable (Year 5)</p> <p>Why turning sideways-on is important when receiving a ball (Year 6)</p>	<p>What the court markings symbolise in handball (Year 5)</p> <p>How to work constructively as a member of a team (Year 6)</p>	<p>The basic rules of handball (Year 5)</p> <p>As a defender, to keep one eye on the ball and one on the person I'm marking (Year 6)</p>	<p>How to 'fake and go' and when to use it (Year 5)</p> <p>To be aware of the positions of others when moving around court (Year 6)</p>	<p>The rules of handball (Year 5)</p> <p>Different ways of working defensively as a team (Year 6)</p>
Show	<p>Get into a good ready position to move quickly and receive the ball (Year 5)</p> <p>I can send a ball accurately in different ways (Year 6)</p> <p>I can move into space, signal to receive and catch consistently well (Year 5 & Year 6)</p>	<p>Pass and move into space (Year 5)</p> <p>I can turn my body sideways-on to receive a pass (Year 6)</p>	<p>Move the ball on quickly to catch out the opposition (Year 5)</p> <p>Pass and move to support the ball carrier (Year 6)</p>	<p>Anticipate the play (Year 5)</p> <p>Shoot with power and accuracy (Year 6)</p> <p>Pass out of the back of my hand (Year 5 & Year 6)</p>	<p>Disguise passes and dummy pass (Year 5)</p> <p>Think ahead and release the ball early when in possession (Year 6)</p>	<p>Display the School Games values (Year 5)</p> <p>Apply a range of skills purposefully in a game (Year 6)</p>
Grow	<p>Understand the term respect and what it looks like in PE and beyond.</p>	<p>Understand the importance of fair play in PE and sport.</p>	<p>Explore equality and what it means for PE.</p>	<p>Understand the term respect and what it looks like in PE and beyond.</p>	<p>Understand the importance of fair play in PE and sport.</p>	<p>Explore equality and what it means for PE.</p>