



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>What a position of anticipation looks like when fielding (Year 5)</p> <p>To slide my bat over the crease when running (Year 6)</p>	<p>To bowl from the crease line and that my foot can land on the line itself (Year 5)</p> <p>How to grip the bat correctly, take up a suitable stance and strike the ball consistently well (Year 6)</p>	<p>Which ground fielding technique to use and why (Year 5)</p> <p>Which calls I should use when batting (Year 6)</p>	<p>When I might use a one-handed pick-up technique (Year 5) That I can leave my crease to hit balls and why (Year 6)</p> <p>To mark my bowling run-up, look at the target, keep my head still and deliver from as close to the stumps as possible (Year 5 &amp; Year 6)</p>	<p>What overthrows are and why it is important for outfielders to walk in with the bowler as they run up (Year 5)</p> <p>When to play a square cut shot (Year 6)</p> <p>How to bowl leg spin (Year 5 &amp; Year 6)</p>	<p>To work as a team ensuring that I back up for possible overthrows (Year 5)</p> <p>The importance of great communication when batting (Year 5 &amp; Year 6)</p>
Show	<p>Catch consistently well under pressure (Year 5)</p> <p>Throw accurately overarm (Year 6)</p>	<p>Bowl with a short run up and straight arm with some accuracy (Year 5)</p> <p>Pull a ball from a short delivery to the leg side (Year 6)</p>	<p>Perform a range of fielding techniques confidently and consistently (Year 5)</p> <p>Bowl with a run-up (Year 6)</p>	<p>Pick up and return a ball with one hand quickly and consistently well (Year 5)</p> <p>Use my feet to get to the pitch of the ball when batting (Year 6)</p> <p>Bowl with consistent accuracy and length (Year 5 &amp; Year 6)</p>	<p>Show tactical awareness as a fielder (Year 5)</p> <p>Play a square cut shot (Year 6)</p> <p>Bowl out of the back of my hand (Year 5 &amp; Year 6)</p>	<p>Bowl by running in close to the wickets (Year 5)</p> <p>Link skills and perform in a competitive game (Year 5 &amp; Year 6)</p>
Grow	<p>Explore the behaviours of a leader in PE and beyond.</p>	<p>Explore how leaders can motivate others in PE and beyond.</p>	<p>Understand the importance of reflection in order to improve as a leader in PE and beyond.</p>	<p>Explore the behaviours of a leader in PE and beyond.</p>	<p>Explore how leaders can motivate others in PE and beyond.</p>	<p>Understand the importance of reflection in order to improve as a leader in PE and beyond.</p>