



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 contribute key words to a theme-related mind map (Year 3)</p> <p>How to translate words/ideas into actions and combine together (Year 4)</p>	<p>How to translate theme-related actions into creative travelling movements (Year 3 & Year 4)</p>	<p>How to translate images into actions to communicate meaning (Year 3 & Year 4)</p>	<p>How to use chance choreography to create a sequence (Year 3 & Year 4)</p>	<p>How to listen to other people's ideas and vocalise my own thoughts (Year 3)</p> <p>How to use canon, formation changes, direction and level to improve our ideas (Year 4)</p>	<p>How to recognise good timing, execution and performance skills (Year 3 & Year 4)</p>
Show	<p>Develop a motif demonstrating some agility, balance, coordination and precision (Year 3 & Year 4)</p>	<p>Creatively change static actions into travelling movements (Year 3)</p> <p>Show different levels, pathways and directions when I travel (Year 4)</p>	<p>Communicate effectively with a partner (Year 3 & Year 4)</p>	<p>Communicate effectively within a group (Year 3 & Year 4)</p>	<p>Work in a group to perform different poses (Year 3)</p> <p>Devise my own meditation (Year 4)</p>	<p>Evaluate the work of other's using simple technical language (Year 3 & Year 4)</p>
Grow	<p>Understand why thinking creatively is important in PE and beyond.</p>	<p>Appreciate the importance of trying out different ideas.</p>	<p>Understand how creativity might improve outcomes in PE and beyond.</p>	<p>Understand why thinking creatively is important in PE and beyond.</p>	<p>Appreciate the importance of trying out different ideas.</p>	<p>Understand how creativity might improve outcomes in PE and beyond.</p>