

Fundamental Movement Skills 1

Know, Show and Grow Progression

Reception / Year 1



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	That a good balance means stillness	That a good balance means stillness	Which parts of my body help me with balancing	To use 2 feet to land jumps	The opposite foot is planted furthest forward when throwing	Being balanced can assist you when throwing and catching
Show	An overarm throw	Catching a bounced ball	How I can hop on either leg	I can jump for distance from 2 feet to 2 feet	I can perform an underarm throw	A range of Fundamental Movement Skills
Grow	Grow by demonstrating ways of being safe	Grow by showing creativity and understanding how to be creative in PE	Grow by working together in a team	Grow by demonstrating ways of being safe	Grow by showing creativity and understanding how to be creative in PE	Grow by working together in a team