



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	How to perform a range of balances and transitions to make a sequence	How to work safely with a partner to create a sequence	How to jump and land safely and to incorporate this into a sequence	How to keep myself safe which developing and performing a group sequence	How to keep myself and others safe on apparatus	How to keep myself and others safe on apparatus
Show	Perform strong and expressive movements	Create a paired sequence	Develop floor sequence to incorporate jumps	Develop and perform a small group sequence	Perform strong and expressive movements on apparatus	Perform strong and expressive movements on apparatus
Grow	Explore the concept of perseverance and its' importance in and beyond Gymnastics.	Explore the concept of feedback and its importance in and beyond Gymnastics.	Explore the importance of positivity in Gymnastics and beyond.	Explore the concept of perseverance and its' importance in and beyond Gymnastics.	Explore the concept of feedback and its importance in and beyond Gymnastics.	Explore the importance of positivity in Gymnastics and beyond.