

## Ball Skills- Progression of Key Skills

Reception-(through intro first PE unit)	Year 1	Year 2
<p>Throw to self, catching a soft ball/balloon Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination) Moving around at speed and changing direction Fun games encouraging throwing and catching different types of balls</p> <p>Passing with a partner and counting to 5 and 10 Explore stopping a ball with different parts of the body Experiment kicking the ball with feet to a partner Move a bean bag on the floor using inside of foot Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space) Passing with a partner and counting to 5 and 10 Follow a partner to steal their bib Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Moving around in a space in different ways</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p>	<p>Catch a soft ball safely Pass the soft ball from chest – ‘W’ shape when passing and receiving.</p> <p>Small sided games (super hero ball) 3v3 introducing passing and receiving a ball Play an adapted superhero game and introduces rules</p> <p>Scoring in a variety of ways</p> <p>Stopping a ball with the inside of feet</p> <p>Pass the ball beginning to use inside of feet “toe, toe, toe, no, no, no!” Dribble the ball with the inside of feet</p> <p>Follow my leader – trying to stay near their partner</p> <p>Scoring point in a variety of ways in adapted games</p> <p>Play a simple game of tag</p> <p>Move with control with the ball in their hands at chest height</p> <p><b>Hand over</b> the Rugby ball sideways</p> <p>Attempt to get past a defender Scoring a try in a modified drill using correct technique- stay on feet using 2 hands</p>	<p>Catch a ball in an adapted game Bounce pass from a short distance to a partner.</p> <p>Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game</p> <p>Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring. Scoring in a variety of ways and begin to use in a game situation</p> <p>Stopping a ball with the sole and inside of feet</p> <p>Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy Dribble the ball with the inside of feet keeping the ball close to their body Tag game– trying to catch their partner</p> <p>Scoring in a variety of ways and begin to use scoring techniques game situations</p> <p>Play a tag game whilst moving at speed</p> <p>Move with the ball holding it with hands - in ‘W’ shape at chest height</p> <p><b>Pass</b> the ball sideways- with smile technique</p> <p>Dodge around a defender in small area</p> <p>Scoring a try in a 2v2 game in the end zone</p>

