

Ball Skills and Games – KS1 Progression of Skills



EYFS (First PE/Enjoy Ball)	YR 1 (Ball Skills/Ball Games)	YR2 (Ball Games)
<ul style="list-style-type: none"> - Encouraging throwing and catching different types of balls - Experiment with rolling, throwing and catching ball to self and a partner - Explore stopping a ball with different body parts - Passing the ball with a partner - Moving around a space in different ways - Moving around at speed and changing direction - Watching a ball and trying to catch it - Scoring points in a simple invasion game 	<ul style="list-style-type: none"> - Catch a soft ball safely - Using the 'W' technique to pass and receive a ball from/into the chest - Small sided invasion games introducing passing and receiving - Move with control with the ball in their hands at chest height - Dribble with the ball using the inside of the feet - Attempt to get past a defender - Develop special awareness in a small sided game - Begin to communicate with their team to try and score - Developing skills to keep head up when passing the ball 	<ul style="list-style-type: none"> - Catch a ball in an adapted game - Develop different passing techniques to a partner - Scoring in a variety of ways and begin to use in game situations - Stopping a ball with the inside/sole of the foot - Pass and dribble accurately using the inside of the foot - Scoring in a variety of ways, beginning to use scoring techniques in game situations - Take on/dodge a defender - Pass the ball to someone who is in space - Communicating and working together to try and score a point