

Through ball skills, sending and receiving, invasion, target, net and wall, striking and field games

| EYFS statutory framework for group and school-based providers | | These unit link to the following strands of the NC: | | | | | |
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| EYFS: | | KS1: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending | | KS2: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. | | | |
| FS1 | FS2 | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Drop and catch with two hands. To develop bouncing and catching a ball. | | Drop and catch a ball after one bounce on the move. | Dribble a ball with two hands on the move. | Dribble the ball with one hand with some control in game situations. | Link dribbling the ball with other actions with increasing control. | Use dribbling to change the direction of play with some control under pressure. | Use dribbling to change the direction of play with control under pressure. |
| Move a ball with feet. To develop kicking a ball. | | Move a ball using different parts of the foot. | Dribble a ball with some success, stopping it when required. | Dribble a ball with feet with some control in game situations. | Change direction when dribbling with feet with some control in game situations. | Dribble with feet with some control under increasing pressure. | Use a variety of dribbling techniques to maintain possession under pressure. |
| To develop kicking a ball to a target. | | Throw and roll towards a target with some varying techniques | Throw and roll towards a target using varying techniques with some success. | Use a variety of throwing techniques in game situations. | Use a variety of throwing techniques with increasing success in game situations | Use a variety of throwing techniques with some control under increasing pressure. | Use a variety of throwing techniques including fake passes to outwit an opponent. |
| To develop dribbling a ball with your feet. | | | | | | | |
| Kick larger balls to space. To develop kicking a ball. | | Kick towards a stationary target. | Show balance when kicking towards a target. | Kick towards a partner in game situations. | Kick with increasing success in game situations. | Use a variety of kicking techniques with some control under increasing pressure | Select and apply the appropriate kicking technique with control. |
| Stop a beanbag or large ball sent to them using hands. To develop accuracy when throwing to a target. | | Catch a beanbag and a medium-sized ball. | Catch an object passed to them, with and without a bounce | Catch a ball passed to them using one and two hands with some success. | Catch a ball passed to them using one and two hands with increasing success. | Catch and intercept a ball using one and two hands with some success in game situations. | Catch and intercept a ball using one and two hands with increasing success in game situations. |
| Attempt to stop a large ball sent to them using feet. To begin stopping a ball using their feet | | Attempt to track balls and other equipment sent to them. | Move to track a ball and stop it using feet with limited success. | Receive a ball sent to them using different parts of the foot. | Receive a ball using different parts of the foot under pressure. | Receive a ball using different parts of the foot under pressure with increasing control. | Receive a ball with consideration to the next move. |
| Hit a ball with Hands. To begin hitting a ball using their hands | | Strike a stationary ball using a racket. | Strike a ball using a racket. | Strike a ball with varying techniques. | Strike a ball using varying techniques with increasing accuracy. | Strike a ball using a wider range of skills. Apply these with some success under pressure. | Strike a ball using a wider range of skills to outwit an opponent. Apply these with increasing control under pressure. |
| To develop hitting a ball using their hands | | | | | | | |
| Run and stop when instructed. | | Run, stop and change | Run, stop and change | Change direction with | Change direction to lose | Use a variety of techniques | Confidently change |

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| To begin to run and stop when instructed straight away | To develop running & stopping when instructed straight away | direction with some balance and control. | direction with balance and control. | increasing speed in game situations | an opponent with some success. | to change direction to lose an opponent | direction to successfully outwit an opponent. |
| Move around showing limited awareness of others. | Moving around showing increasing awareness of others | Recognise space in relation to others. | Move to space to help score goals or limit others scoring. | Use space with some success in game situations. | Create and use space with some success in game situations | Create and use space for self and others with some success. | Effectively create and use space for self and others to outwit an opponent. |
| Moving around showing an awareness of others | | | | | | | |
| Make simple decisions in response to a situation. | Develop making simple decisions based on the situation | Begin to use simple tactics with guidance | Use simple tactics. | Use simple tactics individually and within a team. | Use simple tactics to help their team score or gain possession | Understand the need for tactics and can identify when to use them in different situations | Work collaboratively to create tactics within their team and evaluate the effectiveness of these. |
| Begin to make simple decisions based on the situation | | | | | | | |