

Curriculum Skills and Progression Map

Physical Education – Ball Skills



Key Concepts:

Teamwork

Determination

Self-Belief

Passion

Honesty

Respect

Curriculum Skills and Progression Map

Organisation of knowledge	Sending	Catching	Tracking	Dribbling
Relevant ELG	<p>ELG: Gross motor skills</p> <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing <p>ELG: Fine motor skills</p> <ul style="list-style-type: none"> • Use a range of small tools, including scissors, paint brushes and cutlery <p>ELG: Self-regulation</p> <ul style="list-style-type: none"> • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate <p>ELG: Managing self</p> <ul style="list-style-type: none"> • Explain the reasons for rules, know right from wrong and try to behave accordingly <p>ELG: Building relationships</p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others 			
Vocabulary	See appendix 1			
KS1 readiness objectives	<ul style="list-style-type: none"> • To combine different movements with ease and fluency. • To develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • To develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. • To develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education. • To use their core muscle strength to achieve a good posture. • To confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group 			

Curriculum Skills and Progression Map

Programmes of study Year 1		Pupils should be taught to: <ul style="list-style-type: none"> - master basic movements including throwing and catching, as well co-ordination, and begin to apply these in a range of activities 		
Organisation	Sending	Catching	Tracking	Dribbling
Progression objectives	<ul style="list-style-type: none"> - roll and throw with some accuracy towards a target - know to face my body towards my target when rolling and throwing underarm to help me to balance 	<ul style="list-style-type: none"> - begin to catch with two hands. Catch after a bounce - know to watch the ball as it comes towards me 	<ul style="list-style-type: none"> - track a ball being sent directly. - know to move my feet to get in the line with the ball. 	<ul style="list-style-type: none"> - explore dribbling with hands and feet - know that moving with a ball is called dribbling
Assessment opportunities	To develop control and co-ordination when dribbling a ball with your hands To explore accuracy when rolling a ball To explore throwing with accuracy towards a target To explore catching with two hands To explore control and co-ordination when dribbling a ball with your feet To explore tracking a ball that is coming towards me			
Vocabulary	See Appendix 1			

Curriculum Skills and Progression Map

Programmes of study Year 2		Pupils should be taught to: <ul style="list-style-type: none"> - master basic movements including throwing and catching, as well co-ordination, and begin to apply these in a range of activities 		
Organisation	Sending	Catching	Tracking	Dribbling
Progression objectives	<ul style="list-style-type: none"> - roll, throw and kick a ball to hit a target. - know that stepping with opposite foot to throwing arm will help me to balance. 	<ul style="list-style-type: none"> - develop catching a range of objects with two hands. Catch with and without a bounce. - know to use wide fingers and pull the ball in to my chest to help to securely catch. 	<ul style="list-style-type: none"> - consistently track and collect a ball being sent directly - know that it is easier to move towards a ball to track it than chase it. 	<ul style="list-style-type: none"> - explore dribbling with hands and feet with increasing control on the move. - know to keep my head up when dribbling to see space/opponents.
Assessment opportunities	To be able to roll a ball to hit a target To develop co-ordination and be able to stop a rolling ball To develop technique and control when dribbling a ball with your feet To develop control and technique when kicking a ball To develop co-ordination and technique when throwing and catching To develop control and co-ordination when dribbling a ball with your hands			
Vocabulary	See Appendix 1			

Appendix 1

