Ball Skills Progression Ladder

Knowledge



Sending: show	good	technique	when	sending	а	ball	with	increasing	control,	accuracy
and consistency	under	pressure.								

Skills

Catching: demonstrate increasing consistency of catching under pressure in a variety of game situations.

Tracking: demonstrate a wider range of techniques when tracking a ball under pressure Dribbling: dribble consistently using a range of techniques with increasing control under pressure.

Sending: demonstrate clear technique when sending a ball under pressure.

Catching: demonstrate good technique under pressure.

Tracking: demonstrate a range of techniques when tracking and collecting a ball.

Dribbling: dribble with some control under pressure.

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height and size of the ball.

Sending: understand and make quick decisions about when, how and who to pass to. Catching: know how to catch a ball for different situations, considering trajectory, speed,

Tracking: know how to track a ball for different situations, considering trajectory, speed, height and size of the ball.

Dribbling: choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.

Year

Year

Sending: know that controlling a ball before sending it will allow me to send it accurately.

Catching: understand when to use different types of catching.

Tracking: know that tracking a ball will help me to collect/stop/receive it quickly and successfully.

Dribbling: know that dribbling in different directions will help me to lose a defender in game situations.

All Y5 & 6 Games Units

Sending: accurately use a range of techniques to send a ball to a target.

Catching: catch different sized objects with increasing consistency with on two hands.

Tracking: consistently track a ball sent directly and indirectly.

Dribbling: dribble a ball with increasing control and co-ordination.

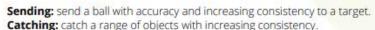
Year

Sending: know that I can use a variety of ways to send the ball and it may depend on the situation e.g. distance, speed, if there is a defender.

Catching: know to adjust my hands to the height of the ball.

Tracking: know that tracking a ball is an important skill used in games activities and be able to give examples of this.

Dribbling: know that dribbling with soft hands/touches will help me to keep control.



Tracking: track a ball not sent directly.

Dribbling: dribble a ball with hands and feet with control.

Year 3

Sending: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.

Catching: know to move my feet to the ball.

Tracking: know that using a ready position will help me to react to the ball.

Dribbling: know that dribbling is an attacking skill used in games which helps us to move

towards a goal or away from defenders.

Sending: roll, throw and kick a ball to hit a target.

Catching: develop catching a range of objects with two hands. Catch with and without a bounce.

Tracking: consistently track and collect a ball being sent directly.

Dribbling: explore dribbling with hands and feet with increasing control on the move.

Sending: roll and throw with some accuracy towards a target.

Catching: begin to catch with two hands. Catch after a bounce.

Tracking: track a ball being sent directly.

Dribbling: explore dribbling with hands and feet.

Sending: explore sending an object with hands and feet. **Catching:** explore catching to self and with a partner. Tracking: explore stopping a ball with hands and feet.

Dribbling: explore dropping and catching with two hands and moving a ball with feet.

Year

Year

Sending: know that stepping with opposite foot to throwing arm will help me to balance.

Catching: know to use wide fingers and pull the ball in to my chest to help to securely catch.

Tracking: know that it is easier to move towards a ball to track it than chase it.

Dribbling: know to keep my head up when dribbling to see space/opponents.

Sending: know to face my body towards my target when rolling and throwing underarm to help me to balance.

Catching: know to watch the ball as it comes towards me. Tracking: know to move my feet to get in the line with the ball.

Dribbling: know that moving with a ball is called dribbling.

Sending: know to look at the target when sending a ball,

Catching: know to have hands out ready to catch. **EYFS**

Tracking: know to watch the ball as it comes towards me and scoop it with two hands.

Dribbling: know that keeping the ball close will help with control.