



Forest Town Primary School

Physical Education

Ball Skills

Be Kind
Be Adventurous
Persevere
Be Responsible
Be Independent
Be Together

KS1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing agility, balance and coordination and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

KS2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other.

They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and combination.
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventure activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Ball Skills - Rolling

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Know how to roll, track and stop a ball. Know that a ball can be sent to a partner.</p>	<p>Know how to roll a ball towards a target. Know how to stop and return a ball from a roll.</p>	<p>Know how to send and receive a rolling ball alone and with a partner with increasing success. Know how to throw towards a target with improved technique. Know how to roll into a space.</p>	<p>Know how to roll a range of equipment using different techniques and patterns of movement. Know that fluency and reaction time are important to perform a successful stop of a ball.</p>	<p>Know different ways to role a range of equipment with increased consistency, technique and accuracy. Know how to work alone, with a partner and in a small group.</p>	<p>Know which technique is appropriate to the skill required, relevant to the sport or game they are playing. Know to use the long barrier position to stop a rolling ball.</p>	<p>Know a variety of techniques and use these to send and receive a rolling ball effectively. Know how accuracy and teamwork make an impact on the game they are playing / challenge they face. Know which technique is the most appropriate when playing a competitive game.</p>
			<p>See sport specific knowledge organisers: Invasion Games Net and Wall Strike and Field</p>			

Ball Skills - Throwing and Catching

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Know how to throw and catch a bean bag with two hands.</p> <p>Know how to throw bounce catch a ball alone.</p> <p>Know how to throw bounce catch with a partner.</p>	<p>Know how to throw a bean bag with 1 hand and catch with 2 hands (cup shape).</p> <p>Know how to throw and catch alone.</p> <p>Know how to throw and catch with a partner.</p> <p>Know how to throw towards a target.</p>	<p>Know how to throw and catch alone and with a partner in an increasing number of ways with some success.</p> <p>Know how to throw towards a target with improved technique.</p> <p>Know how to throw into a space.</p>	<p>Know how to throw a small ball underarm and underarm.</p> <p>Know that different skills and equipment require different techniques and patterns of movement.</p>	<p>Know different ways to throw and catch a range of equipment with increased consistency, technique and accuracy.</p> <p>Know how to work alone, with a partner and in a small group.</p>	<p>Know which technique is appropriate to the skill required, relevant to the sport or game they are playing.</p>	<p>Know a variety of techniques and use these to send and receive a ball effectively.</p> <p>Know how accuracy and teamwork make an impact on the game they are playing / challenge they face.</p> <p>Know which technique is the most appropriate when playing a competitive game.</p>
			<p>See sport specific knowledge organisers: Invasion Games Net and Wall Strike and Field</p>			

Ball Skills - Bouncing

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Know how to bounce and catch a ball using wide fingers.</p>	<p>Know how to bounce and catch a ball using wide fingers with improved control. Know how to bounce and catch alone. Know how to bounce and catch with a partner. Know how to perform 2 or more continuous bounces.</p>	<p>Know how to bounce and catch alone and with a partner in an increasing number of ways with some success. Know how to continuously bounce with improved technique. Knows how to bounce a ball whilst on the move. Know how to bounce a ball into space.</p>	<p>Know how to bounce a ball effectively alone with a partner. Know that different skills and equipment require different techniques and patterns of movement. Knows how to dribble with their dominant hand whilst traveling.</p>	<p>Know different ways to bounce a range of equipment with increased consistency, technique and accuracy. Knows how to work alone, with a partner and in a small group. Knows how to dribble with either hand whilst traveling.</p>	<p>Know which technique is appropriate to the skill required, relevant to the sport or game they are playing. Knows how to dribble confidently with either hand whilst traveling.</p>	<p>Know a variety of techniques and use these to send and receive a ball effectively. Know how accuracy and teamwork make an impact on the game they are playing / challenge they face. Know which technique is the most appropriate when playing a competitive game.</p>
			<p>See sport specific knowledge organisers: Invasion Games Net and Wall Strike and Field</p>			

Ball Skills - Kicking

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Knows how to move a ball with their feet at walking pace. Knows how to kick a ball towards a target.</p>	<p>Know how to travel with a ball at their feet – using the insides. Know how to stop and go with a ball. Know how to kick a ball towards a target with improved intention. Know how to kick a ball to a partner.</p>	<p>Know how to kick alone and with a partner with some success. Know how to continuously stop and go, changing direction with improved technique. Know how to kick a ball into space.</p>	<p>Know how to travel and turn safely in space. Know how to pass effectively with a partner. Know how to pass over varying distances. Know that different skills and equipment require different techniques and patterns of movement.</p>	<p>Know how to travel, turn and pass safely in space with increased consistency, technique and accuracy. Knows how to work alone, with a partner and in a small group.</p>	<p>Know the importance of being accurate and having control when traveling, passing and shooting. Know that both cooperative and competitive shots need to be technically accurate.</p>	<p>Know how to use a range of skills and techniques when playing games. Know how accuracy and teamwork make an impact on the game they are playing / challenge they face. Know which technique is the most appropriate when playing a competitive game.</p>
			<p>See sport specific knowledge organisers: Invasion Games Net and Wall Strike and Field</p>			