

Ball Skills Progression Ladder

Skills

Knowledge

Get Set 4 Education

Year 6

Sending: show good technique when sending a ball with increasing control, accuracy and consistency under pressure.
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: 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, height and size of the ball.
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 5

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.

All Y5 & 6 Games Units

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.

Year 4

Sending: accurately use a range of techniques to send a ball to a target.
Catching: catch different sized objects with increasing consistency with one and two hands.
Tracking: consistently track a ball sent directly and indirectly.
Dribbling: dribble a ball with increasing control and co-ordination.



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.

Year 3

Sending: send a ball with accuracy and increasing consistency to a target.
Catching: catch a range of objects with increasing consistency.
Tracking: track a ball not sent directly.
Dribbling: dribble a ball with hands and feet with control.

Sending: know that pointing my hand/foot 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.

Year 2

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: 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.

Year 1

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: 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.



EYFS

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.

Sending: know to look at the target when sending a ball.
Catching: know to have hands out ready to catch.
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.

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