

Net and Wall Games Progression Ladder

(net and wall, tennis, volleyball and badminton)

Get Set 4 Education

	Skills	Knowledge
Year 6	**Shots:** demonstrate increased success and technique in a variety of shots. **Serving:** serve accurately and consistently. **Rallying:** successfully apply a variety of shots to keep a continuous rally. **Footwork:** demonstrate a variety of footwork patterns relevant to the game I am playing.	**Shots:** understand the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net, if I have just moved my opponent to the back of the court. **Serving:** begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point. **Rallying:** understand how to play different shots depending on if a rally is co-operative or competitive. **Footwork:** know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot. **Tactics:** understand when to apply some tactics for attacking and/or defending. **Rules:** understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.
Year 5	 **Shots:** develop the range of shots used in a variety of games. **Serving:** develop the range of serving techniques appropriate to the game. **Rallying:** use a variety of shots to keep a continuous rally. **Footwork:** demonstrate effective footwork patterns to move around the court.	**Shots:** know which skill to choose for the situation e.g. a volley if the ball is close to the net. **Serving:** know that serving is how to start a game or rally and use the rules applied to the activity for serving. **Rallying:** know that playing the appropriate shot will help to keep the rally going. Know that control is moreimportant than power to keep a rally going. **Footwork:** know that using small, quick steps will allow me to adjust my stance to play a shot. **Tactics:** understand the need for tactics and identify when to use them in different situations. **Rules:** understand and apply rules in a variety of net and wall games whilst playing and officiating.
Year 4	**Shots:** demonstrate technique when using shots playing co-operatively and beginning to execute this competitively. **Rallying:** develop rallying using both forehand and backhand with increased technique. **Footwork:** begin to use appropriate footwork patterns to move around the court.	**Shots:** understand when to play a forehand and a backhand and why. **Rallying:** know that moving my feet to the ball will help me to hit in a more balanced position, therefore increasing the accuracy of my shot. **Footwork:** know that getting my feet in the right position will help me to balance before playing a shot. **Tactics:** know that applying attacking tactics will help me to score points and create space. Know that applying defending tactics will help me to deny space, return a ball and limit points. **Rules:** know and understand the rules to be able to manage our own game.
Year 3	**Shots:** explore returning a ball using shots such as the forehand and backhand. **Rallying:** explore rallying using a forehand. **Footwork:** consistently use and return to the ready position in between shots.	**Shots:** know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately. **Rallying:** know that hitting towards my partner will help them to return the ball easier and keep the rally going. **Footwork:** know that moving to the middle of my court will enable me to cover the most space. **Tactics:** know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space. **Rules:** know the rules of the game and begin to apply them.
Year 2	 **Hitting:** develop hitting a dropped ball over a net. **Feeding:** accurately underarm throw over a net to a partner. **Rallying:** explore underarm rallying with a partner catching after one bounce. **Footwork:** consistently use the ready position to move towards a ball. Sending and Receiving Unit	**Hitting:** know to watch the ball as it comes towards me to help me to prepare to hit it. **Feeding:** know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it. **Rallying:** know that sending the ball towards my partner will help me to keep a rally going. **Footwork:** know that using a ready position helps me to react quickly and return/catch a ball. **Tactics:** understand that applying simple tactics makes it difficult for my opponent. **Rules:** know how to score points and follow simple rules.
Year 1	**Hitting:** explore hitting a dropped ball with a racket. **Feeding:** throw a ball over a net to land into the court area. **Rallying:** explore sending a ball with hands and a racket. **Footwork:** use the ready position to move towards a ball. Sending and Receiving Unit	**Hitting:** know to use the centre of the racket for control. **Feeding:** know to use an underarm throw to feed to a partner. **Rallying:** know that throwing/hitting to my partner with not too much power will help them to return the ball. **Footwork:** know that using a ready position will help me to move in any direction. **Tactics:** know that tactics can help us to be successful when playing games. **Rules:** know that rules help us to play fairly.
EYFS	**Hitting:** explore hitting a ball with hands and pushing with a racket. **Feeding and rallying:** explore sending and tracking a ball with a partner. **Footwork:** explore changing direction, running and stopping. Ball Skills Unit 1 & 2 Games Unit 1 & 2	**Hitting:** know to point my hand/object at my target when hitting a ball. **Feeding and rallying:** know to look at the target when sending a ball and watch the ball to receive it. **Footwork:** know to use big steps to run and small steps to stop. **Tactics:** make simple decisions in response to a task. **Rules:** know that rules help us to stay safe.



© Copyright Get Set 4 Education Ltd.



Striking and Fielding Progression Ladder

(striking and fielding, cricket and rounders)

Get Set 4 Education

	Skills	Year	Knowledge
	Striking: strike a bowled ball with increasing accuracy and consistency. **Fielding:** use a wider range of fielding skills with increasing control under pressure. **Throwing:** consistently demonstrate good technique in throwing skills under pressure. **Catching:** consistently demonstrate good technique in catching skills under pressure.	Year 6	**Striking:** understand that the momentum and power for striking comes from legs as well as arms. **Fielding:** know which fielding action to apply for the situation. **Throwing and catching:** consistently make good decisions on who to throw to and when to throw in order to get batters out. Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score. **Tactics:** understand and apply some tactics in the game as a batter, bowler and fielder. **Rules:** understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.
	Striking: explore defensive and driving hitting techniques and directional batting. **Fielding:** develop over and underarm bowling technique. Develop long and short barrier and two handed pick up. **Throwing:** demonstrate good technique when using a variety of throws under pressure. **Catching:** explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.	Year 5	**Striking:** understand that stance is important to allow me to be balanced as I hit. **Fielding:** know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully. **Throwing:** understand where to throw the ball in relation to where a batter is. **Catching:** understand when to use a close catch technique or deep catch technique. **Tactics:** understand the need for tactics and identify when to use them in different situations. **Rules:** understand and apply rules in a variety of striking and fielding games whilst playing and officiating.
	Striking: develop batting technique with a range of equipment. **Fielding:** develop bowling with some consistency, abiding by the rules of the game. **Throwing:** use overarm and underarm throwing with increased consistency in game situations. **Catching:** begin to catch with one and two hands with some consistency in game situations.	Year 4	**Striking:** know that using the centre of the bat will provide the most control and accuracy. **Fielding:** know that it is easier to field a ball that is coming towards me rather than away so set up accordingly. **Throwing:** know that keeping my elbow high and stepping with my opposite foot will help to increase the power. **Catching:** know to track the ball as it is thrown to help to improve the consistency of catching. **Tactics:** know that applying attacking tactics will help to score points and avoid getting out. Know that applying defending tactics will help to deny space, get opponents out and limit points. **Rules:** know and understand the rules to be able to manage our own game.
	Striking: begin to strike a bowled ball after a bounce with different equipment. **Fielding:** explore bowling to a target and fielding skills to include a two-handed pick up. **Throwing:** use overarm and underarm throwing in game situations. **Catching:** catch with some consistency in game situations.	Year 3	**Striking:** know that striking to space away from fielders will help me to score. **Fielding:** know to look at where a batter is before deciding what to do. Know to communicate with teammates before throwing them a ball. **Throwing:** understand that being balanced before throwing will help to improve the accuracy of the throw. **Catching:** know to move my feet to the ball. **Tactics:** know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space. **Rules:** know the rules of the game and begin to apply them.
	Striking: develop striking a ball with their hand and equipment with some consistency. **Fielding:** develop tracking a ball and decision making with the ball. **Throwing:** develop co-ordination and technique when throwing over and underarm. **Catching:** catch with two hands with some co-ordination and technique. Sending and Receiving Unit	Year 2	**Striking:** understand the role of a batter. Know that striking quickly will increase the power. **Fielding:** understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points. **Throwing:** 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 me to securely catch. **Tactics:** understand and apply simple tactics for attack (batting) and defence (fielding). **Rules:** know how to score points and follow simple rules.
	Striking: explore striking a ball with their hand and equipment. **Fielding:** develop tracking and retrieving a ball. **Throwing:** explore technique when throwing over and underarm. **Catching:** develop co-ordination and technique when catching. Sending and Receiving Unit	Year 1	**Striking:** understand that the harder I strike, the further the ball will travel. **Fielding:** know that throwing the ball back is quicker than running with it. **Throwing:** know which type of throw to use to throw over longer distances. **Catching:** know to watch the ball as it comes towards me. **Tactics:** know that tactics can help us when playing games. **Rules:** know that rules help us to play fairly.
	Striking: explore sending a ball to a partner. **Fielding:** explore tracking and stopping a rolling ball. **Throwing and catching:** explore rolling, throwing and catching using a variety of equipment. Games Unit 1 & 2 Ball Skills Unit 1 & 2	EYFS	**Striking:** know to point my hand at my target when striking a ball. **Fielding:** know to scoop a ball with two hands. **Throwing and catching:** know to point my hand at my target when throwing. Know to have hands out ready to catch. **Tactics:** make simple decisions in response to a task. **Rules:** know that rules help us to stay safe.

© Copyright Get Set 4 Education Ltd.

Target Games Progression Ladder

(target games, golf and dodgeball)



Skills

Knowledge



Year 6

Throwing: throw with increasing control under pressure.
Catching (dodgeball): catch with increasing control under pressure.
Striking: use a variety of striking techniques with control and under pressure.

Throwing: know who to throw at and when to throw in order to get opponents out.
Catching (dodgeball): know that I need to make quick decisions on if to catch or if to dodge the ball.
Striking: know which skill to select for the situation.
Tactics: know how to create and apply a tactic for a specific situation or outcome.
Rules: understand, apply and use rules consistently in a variety of target games whilst playing and officiating.

Year 5

Throwing: demonstrate clear technique and accuracy when throwing at a target.
Catching (dodgeball): demonstrate good technique and consistency in catching skills.
Striking: develop a wider range of striking techniques and begin to use them under pressure.

Throwing: know to aim low to make it difficult for an opponent to catch.
Catching (dodgeball): know to stay towards the back of the court area to give me more time tocatch.
Striking: know that aligning my body and equipment before striking will help me to be balanced.
Tactics: understand the need for tactics and identify when to use them in different situations.
Rules: understand and apply rules in a variety of target games whilst playing and officiating.



Year 4

Throwing: throw with increasing accuracy at a target.
Catching (dodgeball): catch with increasing consistency.
Striking: strike a ball with increasing consistency.

Throwing: know that one handed throws are used for speed and accuracy. Know that keeping my elbow high and stepping with my opposite foot will help to increase the power.
Catching (dodgeball): know that moving my feet to a ball and pulling it in to my chest will help me to catch more consistently.
Striking: know that using a smooth action will help to increase accuracy.
Tactics: know that applying attacking tactics will help me to score points and get opponents out. Know that applying defending tactics will help me to stay in the game.
Rules: know and understand the rules to be able to manage our own game.



Year 3

Throwing: explore throwing at a moving target.
Catching (dodgeball): begin to catch whilst on the move.
Striking: begin to strike a ball with accuracy and balance.

Throwing: know to throw slightly ahead of a moving target.
Catching (dodgeball): know that beginning in a ready position will help me to react to the ball.
Striking: know that using a bigger swing will give me more power.
Tactics: know that using simple tactics will help my team to achieve an outcome e.g. spread out so that we are harder to aim for.
Rules: know the rules of the game and begin to apply them.

Year 2

Throwing overarm: develop co-ordination and technique when throwing overarm towards a target.
Throwing underarm: develop co-ordination and technique when throwing underarm towards a target.
Striking: develop striking a ball with equipment with some consistency.
Sending and Receiving Unit

Throwing: know that stepping with opposite foot to throwing arm will help you to balance.
Striking: know to finish with my object/hand pointing at my target.
Tactics: understand and apply simple tactics.
Rules: know how to score points and follow simple rules.



Year 1

Throwing overarm: explore technique when throwing overarm towards a target.
Throwing underarm: explore technique when throwing underarm towards a target.
Sending and Receiving Unit

Throwing: know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw.
Tactics: know that tactics can help us when playing games.
Rules: know that rules help us to play fairly.

EYFS

Throwing: explore throwing using a variety of equipment.
Catching: explore catching using a variety of equipment.

Fundamentals Unit 1 & 2 Games Unit 1 & 2 Ball Skills Unit 1 & 2

Throwing: know to point my hand at my target when throwing.
Catching: know to have hands out ready to catch.
Tactics: make simple decisions in response to a task.
Rules: know that rules help us to stay safe.

© Copyright Get Set 4 Education Ltd.



Invasion Games Progression Ladder

(invasion, handball, netball, basketball, football, rugby and hockey)

Get Set 4 Education

	Skills	Knowledge
Year 6	**Sending & receiving:** s&r consistently using a range of techniques with increasing control under pressure. **Dribbling:** dribble consistently using a range of techniques with increasing control under pressure. **Space:** move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. **Attacking:** confidently change direction to lose an opponent **Defending:** use a variety of defending skills (tracking, interception) in game situations.	**Sending & receiving:** understand and make quick decisions about when, how and who to pass to. **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. **Space:** understand that transitioning quickly between attack and defence will help my team to maintain or gain possession. **Tactics:** know how to create and apply a tactic for a specific situation or outcome. **Rules:** understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.
Year 5	**Sending & receiving:** develop control when s&r under pressure. **Dribbling:** dribble with some control under pressure. **Space:** explore moving to create space for themselves and others in their team. **Attacking:** use a variety of techniques to lose an opponent e.g. change of direction or speed. **Defending:** develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.	**Sending & receiving:** know that not having a defender between myself and a ball carrier enables me to s&r with better control. **Dribbling:** know that dribbling in different directions will help to lose a defender. **Space:** know that by moving to space even if not receiving the ball will create space for a teammate. **Tactics:** understand the need for tactics and identify when to use them in different situations. **Rules:** understand and apply rules in a variety of invasion games whilst playing and officiating.
Year 4	**Sending & receiving:** develop passing techniques appropriate to the game with increasing success. Catch and receive a ball with feet/object with increasing success. **Dribbling:** link dribbling the ball with other actions and change direction whilst dribbling with some control. **Space:** develop moving into space to help my team. **Attacking:** change direction to lose an opponent with some success. **Defending**: develop defending one on one and begin to intercept.	**Sending & receiving:** know that cushioning a ball will help me to control it when receiving it. **Dribbling:** know that protecting the ball as I dribble will help me to maintain possession. **Space:** know that moving into space will help my team keep possession and score goals. **Attacking:** recognise when to pass and when to shoot. **Defending:** know when to mark and when to attempt to win the ball. **Tactics:** know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals. **Rules:** know and understand the rules to be able to manage our own game.
Year 3	**Sending & receiving:** explore s&r abiding by the rules of the game. **Dribbling:** explore dribbling the ball abiding by the rules of the game under some pressure. **Space:** develop using space as a team. **Attacking:** develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. **Defending:** develop tracking opponents to limit their scoring opportunities.	**Sending & receiving:** know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately. **Dribbling:** know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders. **Space:** know that by spreading out as a team, we move the defenders away from each other. **Attacking and defending:** know my role as an attacker and defender. **Tactics:** know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession. **Rules:** know the rules of the game and begin to apply them.
Year 2	**Sending & receiving:** developing s&r with increased control. **Dribbling:** explore dribbling with hands and feet with increasing control on the move. **Space:** explore moving into space away from others. **Attacking:** developing moving into space away from defenders. **Defending:** explore staying close to other players to try and stop them getting the ball. Sending and Receiving Unit	**Sending & receiving:** know to control the ball before sending it. **Dribbling:** know that keeping my head up will help me to know where defenders are. **Space:** know that moving into space away from defenders helps me to pass and receive a ball. **Attacking:** know that when my team is in possession of the ball, I am an attacker and we can score. **Defending:** know that when my team is not in possession I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball. **Tactics:** understand and apply simple tactics for attack and defence. **Rules:** know how to score points and follow simple rules.
Year 1	**Sending & receiving:** explore s&r with hands and feet to a partner. **Dribbling:** explore dribbling with hands and feet. **Space:** recognise good space when playing games. **Attacking:** explore changing direction to move away from a partner. **Defending:** explore tracking and moving to stay with a partner. Sending and Receiving Unit	**Sending & receiving:** know to look at my partner before sending the ball. **Dribbling:** know that moving with a ball is called dribbling. **Space:** understand that being in a good space helps us to pass the ball. **Attacking:** know that being able to move away from a partner helps my team to pass me the ball. **Defending:** know that staying with a partner makes it more difficult for them to receive the ball. **Tactics:** know that tactics can help us when playing games. **Rules:** know that rules help us to play fairly.
EYFS	**Sending & receiving:** explore s&r with hands and feet using a variety of equipment. **Dribbling:** explore dropping and catching with two hands and moving a ball with their feet. **Space:** recognise their own space. **Attacking & defending:** explore changing direction and tagging games. Ball Skills Unit 1 & 2 Games Unit 1 & 2	**Sending & receiving:** know to look at the target when sending a ball and watch the ball to receive it. **Dribbling:** know that keeping the ball close will help with control. **Space:** know that being in a space gives me room to play. **Attacking & defending:** know that there are different roles in games. **Tactics:** make simple decisions in response to a task. **Rules:** know that rules help us to stay safe.







© Copyright Get Set 4 Education Ltd.