



Ball Skills Feet

- Develop moving the ball using the feet
- Apply dribbling into games
- Consolidate dribbling
- Explore kicking (passing)
- Apply kicking (passing) to score a point

Year 1



Ball Skills Hands 1

- Introduce sending (bouncing) with control
- Introduce aiming with accuracy
- Introduce power and speed when sending a ball
- Introduce/develop stopping, combining sending skills
- Combine sending and receiving skills



Ball Skills Hands 2

- Introduce throwing with accuracy
- Apply throwing with accuracy in a team
- Introduce stopping a ball
- Develop sending (rolling) skills to score a point
- Consolidate sending and stopping to win a game



Rackets, Bats and Balls

- Develop pushing (dribbling) a ball with a racket: Introducing control
- Explore hitting and develop pushing a ball (with a racket) towards a target
- Explore hitting a ball (with a racket) with accuracy and power



Games For Understanding

- Understanding the principles of attack/defence
- Applying attacking/ defending principles into a game
- Consolidate attacking/defending

Ball Skills Feet

- Develop dribbling/ passing/receiving, keeping possession
- Combine dribbling, passing and receiving, keeping possession/to score a point
- Apply dribbling, passing and receiving as a team to score a point

Year 2

Ball Skills Hands 1

- Develop dribbling/ passing and receiving
- Combine dribbling, passing and receiving, keeping possession
- Develop dribbling/passing and receiving to score a point
- Combine dribbling, passing and receiving to score a point

Ball Skills Hands 2

- Consolidate pupils application and understanding of underarm throwing
- Applying the underarm and overarm throw to win a game
- Applying the underarm throw to beat an opponent

Rackets, Bats and Balls

- Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent
- Introduce hitting (sending/striking) a ball into a space: Where and why?
- Striking the ball (with a bat) into space with intent

Games For Understanding

- Attacking/defending as a team
- Understanding the transition between defence and attack
- Create and apply attacking/ defensive tactics