



## Skills

# Ball Skills Progression Ladder

## Knowledge



**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:** 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:** 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:** 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:** 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  
6

**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:** 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:** 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:** 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.

Year  
2

**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:** 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:** 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.