



Porters Grange Primary School

Physical Education

Ball Skills

Early Years

Emotional: I am confident to try new activities.
Emotional: I ask for help if needed.
Physical: I can handle equipment effectively.
Physical: I can move confidently in a range of ways.
Physical: I can safely negotiate space.
Physical: I can show good control and co-ordination in small and large movements.
Physical: I can talk about ways to keep healthy and safe.
Physical: I know the importance for good health and physical exercise.
Social: I am sensitive to others' feelings.
Social: I play co-operatively, taking turns.
Thinking: I can talk about my own ideas and use them in response to a task.
Thinking: I understand and follow rules.

Year 1

Begin to catch with two hands.
Begin to dribble a ball with my hands and feet.
Begin to understand simple tactics.
Recognise changes in my body when I do exercise.
Roll and throw with some accuracy towards a target.
Say when someone was successful.
I can track a ball that is coming towards me.
Work co-operatively with a partner.

Year 2

Begin to provide feedback using key words.
Begin to understand and use simple tactics.
Describe how my body feels during exercise.
Dribble a ball with my hands and feet with some control.
Roll and throw a ball to hit a target.

Send and receive a ball using both kicking and throwing and catching skills.
Track a ball and collect it.
Work co-operatively with a partner and a small group

Year 3	<p>Catch different sized objects with increasing consistency with two hands. Dribble a ball with control. Persevere when learning a new skill. Provide feedback using key words. Share ideas and work with others to create a game. Show a variety of throwing techniques. Throw with accuracy and increasing consistency to a target. Track the path of a ball that is not sent directly to me.</p>
Year 4	<p>Accurately use a range of throwing techniques to throw to a target. Catch different sized objects with increasing consistency with one and two hands. Consistently track the path of a ball that is not sent directly to me. Dribble a ball with increasing control and co-ordination. Persevere when learning a new skill. Provide feedback using key terminology and understand what I need to do to improve. Share ideas and work with others to create a game to develop a certain skill.</p>
Year 5	<p>Ball skills are developed through other ball games in years 5&6 such as football, rounders etc.</p>
Year 6	