PE Paige loves ball games!

When I grow up I could be a ... Basketball player, footballer, cricket player, tennis player or a netball player!

Join PE Paige in her exploration of ball games! Work on your movement skills, learn techniques and experience the impact of exercise on your body.



Reaching New Horizons

EYFS
Fundamental skills/Games

Nursery

Begin to roll and throw a ball



Reception



Ball skills

Discuss some tactics

Begin to move ball with feet



Experience using different types of balls





Fundamental skills

Stop a ball

Bounce a ball

Reaching New Horizons

throw, track

Key Stage One

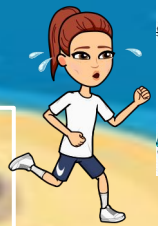
Year 1

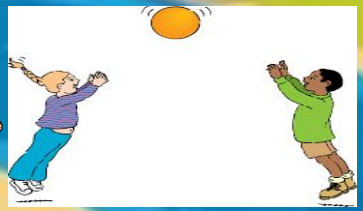
Catch with two hands

Developing kicking, throwing and catching









Track the ball as it comes to you

Year 2





Dribbling with feet and hands



Roll and throw with some accuracy

Reaching New Horizons

Key Stage Two

Year 3

Develop catching skills with one and two hands



Use skills developed in games setting e.g. netball, dodgeball





Year 4

Develop tracking and sending skills

Feedback and tactics discussed



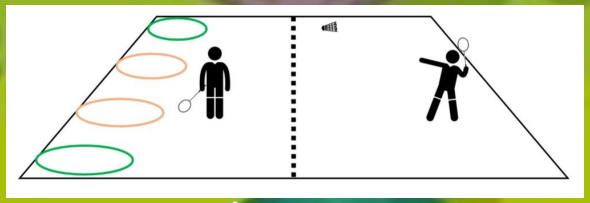
Develop different throwing techniques

Reaching New Horizons

Year 5



Send and receive the ball with control under pressure







Badminton and hockey



Move into and create space to support teammates



Apply rules, skills and principles to play in a tournament

Use appropriate defensive techniques.





Reaching New Horizons

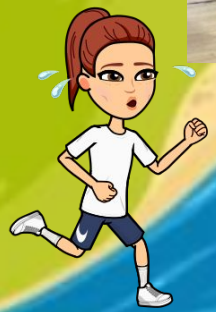
Year 6

Develop throwing and catching under pressure and apply these to striking and fielding games.





Develop fielding techniques





Understand and apply tactics



Choose when to run and when to pass



Pace
Sprint
Jump for distance
Push throw
Fling throw





To use defending skills to gain possession

Reaching New Horizons

