

Multi-skills progression in skills

Year 1 - Skills	Can throw and catch a ball with a partner
	Can move fluently by changing direction and speed easily and avoiding collisions
	Can show control and accuracy with the basic actions for rolling, underarm throwing
	Can strike and kick a ball with control
	Can choose and use skills effectively for particular games
	understand the concepts of aiming / hitting into a space (e.g. cricket, rounders, badminton and tennis)
	Be able to run and jump with control (e.g. hurdles)
	Be able to catch a ball / moving object in particular games (e.g... Can try to win by changing the way they use skills in response to their opponent's actions.
Year 2 - Skills	Can pass a ball accurately to a partner over a variety of distances
	Can perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control
	Can show a good awareness of others in running, chasing and avoiding games
	Can make simple decisions about when and where to run
	I can develop basic tactics for small team games
	Can react to situations in a way that helps their partners and makes it difficult for their opponent
	I can set myself targets to improve my performance (e.g. in athletics)
Year 3 - Skills	Can throw and catch the ball with control and accuracy
	Start to explore different ways of passing the ball (e.g. chest push, bounce pass etc)
	Understand and follow rules of games, including fair play
	Can travel whilst bouncing a ball showing control (e.g. basketball)
	Can use a range of skills to help them keep possession and control of the ball
	Maintain possession of a ball
	Pass ball to team mates when appropriate
	Can, in pairs, make up a game and play a simple rallying game Can choose good places to stand when receiving, and give reasons for their choice
Year 4	Can use different types of passing the ball with control
	Strike a ball with intent and throw it more accurately when bowling and/or fielding
	Can travel whilst bouncing a ball as well as exhibiting evasion techniques
	Attempts to obtain possession of ball by starting to understand defensive techniques
	Can keep and use rules they are given
	Can try to make things difficult for their opponent by directing the ball into a space, at different speeds and height
Year 5	Use different ball passing skills in the context of a game
	Can travel with a ball showing changes of speed and directions using either foot or hand
	Can use a range of techniques when passing, e.g. high, low, bounced, fast, slow
	Can work alone or with team mates in order to gain possession by competently marking opponent
	Can strike a ball with accuracy in a range of different games (e.g. hockey)
	Can hit the ball from both sides of the body Can judge how far they can run to score points

Year 6 Confidently use a range of passes during games which are appropriate

Can dribble effectively around obstacles and opponents

Can show precision and accuracy when sending and receiving over short and long distances, using a variety of catching/receiving techniques

Perform skills with accuracy, confidence and control

Can combine and perform skills with control, adapting them to meet the needs of the situation

Play shots on both sides of the body including hitting a ball with forehand and backhand

Explore and develop different ways of bowling

Can play games showing tactical awareness and knowledge of rules and scoring

Can respond consistently in the games they play, choosing and using skills which meet the needs of the situation

Can choose when to pass or dribble, so that they keep possession and make progress towards the goal

Field, defend and attack tactically by anticipating the direction of play