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# ROGRESSION OF KEY SKILLS

## KG1

KG1 (progressions through Ball Skills/Ball Games)

Ball Awareness—experiment with moving a ball around safely
Experiment with moving an object in an area safely and negotiate space
Run in an area in a stopping and listening to instructions
<b>Throwing into targets</b>
Throw to self, catching a soft ball/balloon. Rolling and passing in different ways
Run, hop, skip, side stop in an area safely
Bounce a ball using one or two hands

KG2 (progressions through Ball Skills/Ball Games)

## KG2

Ball Awareness—moving ball on body
Experiment with moving an object along the floor e.g pushing a balloon
Throw to self, catching a soft ball/balloon. Passing to a partner with different types of balls
<b>Throwing into hoops and targets to score</b>
Run in an area, stop quickly and 'Freeze' (in a game/warm up) –fundamentals to developing footwork
Move around safely in a variety of ways and negotiating space. Follow my leader in pairs
Play adapted games to get past players, with a ball – (while attempting to bounce it)

## KG2

KG21 (progressions through ball skills/Ball games)

Ball Awareness—moving a ball on the ground
Experiment with bouncing and dribbling a ball
Catch a soft ball safely. Pass a soft ball from the chest - 'W' shape when passing and receiving
<b>Scoring in superhero basketball – throwing a ball into target (someone's hands/hoop)</b>
Footwork- adapted game, not running with a ball
Move into a space in a game, looking to throw the ball to someone in a space
Follow an opponent in a game/adapted game
Small-sided games 3v3. Begin to develop tactics for attacking and defending.

Grade 1 (progressions through ball skills/ball games)

## G1

Ball Awareness—moving ball on the ground with control
Experiment with bouncing and dribbling a ball, beginning to use left and right hands
Catch a ball safely. Pass from a short distance to a partner
<b>Scoring in a variety of ways and begin to use these in a game situation</b>
Stopping –with two feet bending at knees and holding the ball close to body
Small-sided games (Superhero ball Basketball). Develop tactics for attacking and defending
Follow an opponent and trying to win (intercept) the ball
Move into a space to catch a ball. Pass the ball to someone in a space

## KG3

KG21 (progressions through ball skills/Ball games)

Ball Awareness—moving a ball on the ground
Experiment with bouncing and dribbling a ball
Catch a soft ball safely. Pass a soft ball from the chest - 'W' shape when passing and receiving
<b>Scoring in superhero basketball – throwing a ball into target (someone's hands/hoop)</b>
Footwork- adapted game, not running with a ball
Move into a space in a game, looking to throw the ball to someone in a space
Follow an opponent in a game/adapted game
Small-sided games 3v3. Begin to develop tactics for attacking and defending.

Grade 3

## G4

Ball Awareness—moving ball around different parts of the body with control
Dribbling and bouncing a ball with control and using either hand
Pass and receive, stepping into the pass (chest and bounce pass)
<b>Scoring into a net/hoop in a small sided 3v3 basketball game</b>
Perform a jump and stride stop with a pivot
Dodging around a player with the ball, focus on dodging into a space
Protecting the ball – using the pivot to protect the ball. Begin to apply basic principles suitable for defending
Introduce 4v4 or adapted game. Begin to use some additional rules e.g double dribble, travelling. .

## G5

Grade5

Ball Awareness—copying a partner and moving with the ball
Dribbling the ball, changing direction, and turning, using either hand
Pass, receive and move with the ball (chest and bounce pass)
<b>Learn the BEEF technique when shooting in isolation and begin to use in a game situation</b>
Dribble the ball and perform the correct footwork when stopping
Offensive play in a conditioned, game, beating your partner when dribbling a ball
<b>Defence techniques- (Gorilla) and begin to use the body to protect the ball in a conditioned game situation</b>
Begin to use techniques learned in a game situation and to have an understanding of key rules

Year 6

## G7

Ball Awareness—copying a partner and keeping control while moving the ball
Dribbling the ball in various directions at speed
Perform a variety of passes within a game with precision and control
<b>Using the BEEF technique in a competitive game situation with some success</b>
Dribble the ball and perform the correct footwork when stopping in a competitive game situation
Offensive play using your team member to screen the ball in combination. Apply basic principles for attacking
<b>To apply defensive techniques in a competitive game situation. Apply basic principles for defending</b>
Use techniques learned and apply in a game situation. Children to officiate.

