



Danson Primary School PE Progression - Striking and fielding



Striking and fielding							
	Year EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	<p>(Hands 1) I can push the ball with 2 hands and keep it close to me. I can push the ball in different directions with control I can bounce the ball with control into space. I can move into a space with the ball.</p>	<p>(Hands 1) I can roll the ball between two cones I can roll the ball at different speeds. I can stop the ball going through the gate. I can use different ways to stop the ball going through the gate - remembering to be on my feet. I can aim the ball away from defenders.</p> <p>Hands 2 I can collect an object on the move and throw it to a target. I can use the long barrier technique to stop the ball. I can roll and throw a ball towards the target. I can use tactics to win a game</p>	<p>(Hands 2) I can aim at a target when throwing the ball underarm. I can throw a ball to my partner that includes one bounce. I can catch a ball with one bounce. I can throw an overarm ball and know when to release the ball.</p>	<p>Rounders I can throw an underarm ball. I can catch an underarm throw. I can aim my pass into space. I can throw an over arm throw. I can understand when to throw an over-arm and when to throw an underarm. I can understand how to use my body to stop the ball. I can move my body once I have seen where the ball is going to. I can scoop the ball with two hands.</p>	<p>Rounders I can understand the principle of rounders - overarm throw to start the game. I can bowl with an underarm throw. I can use a sideways stance to hit the ball I can look at space and aim the hit. I can understand how to score rounders I can understand how to close the space as a fielder.</p>	<p>Cricket/rounders I can throw a ball with an over-arm technique with accuracy. I can throw the ball quickly to get the opponent out. I can catch a ball from different distances. I can understand when, where and how to bowl the ball as a bowler. I can aim the ball at the wicket to get the opponent out. I can understand the different roles of the players within the game. I can work with my teammates to cover fielders. I can decide when it is best to run to stay in the game. I can use my knowledge of cricket to umpire a game. I can adapt my tactics to the game to gain more runs.</p>	<p>Cricket/rounders I can understand where fielders can reduce the space. I can understand how to prevent runs as a fielder. I can adapt my bowling to the hitter. I can hit the ball away from the defenders. I can understand tactics as a hitter and decide on the best option.. I can aim my throw towards my team mate. I can understand how to organise the team to be more attacking and gain more runs. I can understand how to protect the team and be more defensive. I can understand the rules of the game.</p>
Hit/aim		<p>I can stop the ball with my body. I can roll my ball by aiming at a target. I can confidently hit e.g. foam ball with a tennis racket</p>	<p>I can confidently hit e.g. tennis ball or shuttlecock with appropriate racket I can Hit a c.4m wide target from about 10m with e.g. foam ball and tennis racket</p>	<p>I can confidently hit softballs with e.g. hockey stick or cricket bat Volley a tennis ball with tennis racket Hit a c.2m wide target from about 10m with e.g. tennis ball/racket</p>	<p>I can confidently hit hard balls with e.g. hockey stick or cricket bat Use a range of striking actions (e.g. serve, backhand, forehand) I can hit a 1m wide target from about 10m with e.g. hockey stick and soft ball</p>	<p>I can confidently hit e.g. table tennis ball with paddle, or golf ball with club I can confidently hit a ball. I can hit a 1m wide target from about 25m (tennis court length) with e.g. hockey ball/stick, where the ball is stationary or under control at the start</p>	<p>I can confidently hit rounders or cricket ball with appropriate bat I can successfully target e.g. a table tennis paddle at the opposite end of the table Hit a ball that's already moving and target something 1m wide from about 25m</p>



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Coordination	I can push the ball with two hands. I can roll the ball with 2 hands forwards and backwards I can bounce the ball by spreading my fingers rather than using the palm of the hand.	I can throw underarm with e.g. foam ball I can bounce using fingers not palm	I can throw different objects (underarm) Start to adjust for different objects thrown (e.g. through speed, height etc)	I can start to apply to a context Underarm accuracy with small ball (e.g. catchable for partner at 5m) Start using overarm throws I can bounce a ball to more specified heights Bounce-pass a ball	I can overarm with some precision (e.g. catchable for partner at 5m) Throw while moving with some accuracy (e.g. catchable for a skilled partner) I can bounce between hands	I can throw a ball that is catchable for partner at 10m I can confident in range of throwing techniques (e.g. overarm throw, bowling, two-handed throw-in, chest pass)	I can throw while running with some accuracy (e.g. catchable for skilled partner)
Vocabulary							
	roll, forwards, backwards, bounce, control, space	over arm, underarm, space, ready, throw, aim, target, barrier, long barrier,	overarm, underarm, throw, release, target, barrier.	over arm, underarm, space, ready, throw, aim, target, barrier, long barrier, backstop	forehand, bowl, underarm, over arm. sideways, space, target, tactic, backstop	forehand, bowl, underarm, over arm. sideways, space, target, tactic, wicket, wicket keeper, runs, fielders, score	forehand, bowl, underarm, over arm. sideways, space, target, tactic, wicket keeper, runs, fielders, score



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