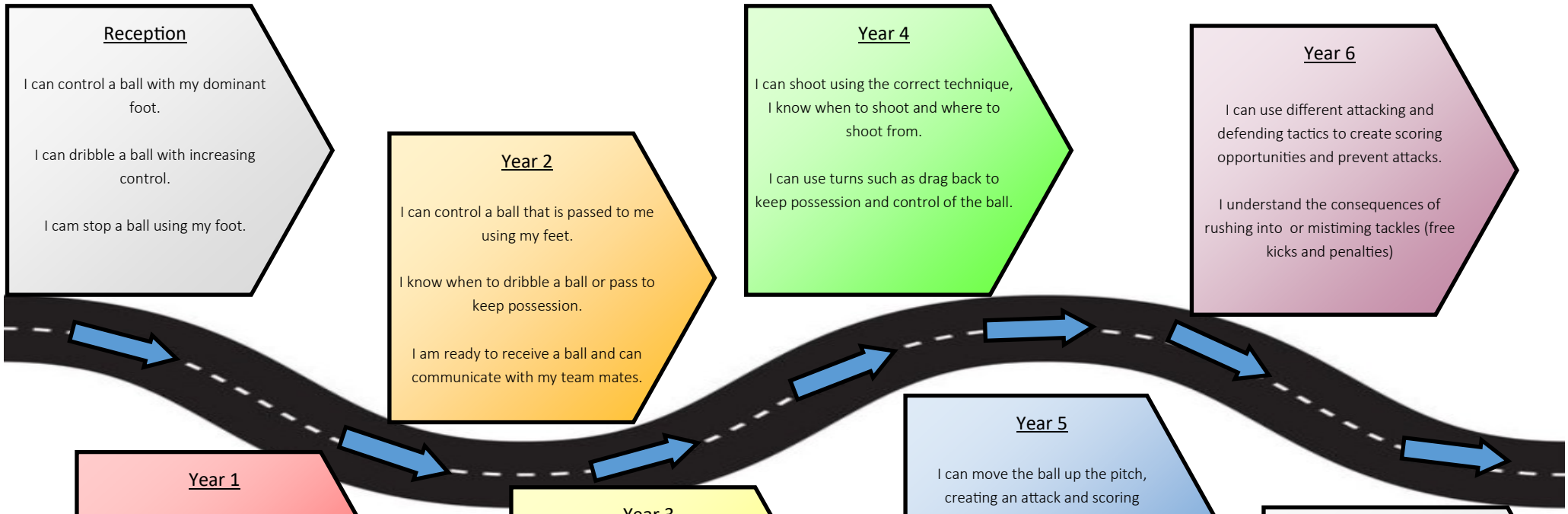
PE Curriculum Journey

Ball Skills: Feet (KS1) — Football (KS2)



Reception

I can control a ball with my dominant foot.

I can dribble a ball with increasing control.

I cam stop a ball using my foot.

Year 1

I can dribble a ball using the inside and outside of my foot.

I can look ahead whilst dribbling a ball with my feet.

I know I need to be accurate when passing a ball.

Year 2

I can control a ball that is passed to me using my feet.

I know when to dribble a ball or pass to keep possession.

I am ready to receive a ball and can communicate with my team mates.

Year 3

I can dribble a ball keeping possession to beat an opponent.

I can change direction whilst keeping control of the ball.

I can combine dribbling and passing to create space.

Year 4

I can shoot using the correct technique, I know when to shoot and where to shoot from.

I can use turns such as drag back to keep possession and control of the ball.

Year 5

I can move the ball up the pitch, creating an attack and scoring opportunities.

I can use different methods of defending in a game such as man to man marking.

Year 6

I can use different attacking and defending tactics to create scoring opportunities and prevent attacks.

I understand the consequences of rushing into or mistiming tackles (free kicks and penalties)

Year 7

Develop technique and improve performance using a range of attacking and defending tactics to overcome opponents.

Start to analyse own performance and demonstrate improvement to achieve a personal best.