PE Curriculum Journey

Ball Skills Hands (KS1) - Handball KS2

Reception

I can roll, bounce and push a ball with increasing control.

I can aim at a target.

I can run and move into a space

I can follow simple rules in a game.

Year 1

I can roll or throw a ball at a target with increasing accuracy.

I am ready to receive the ball and can look at my partner when passing.

I can run at different speeds and directions.

I can follow the rules and take turns.

Year 2

I can use the correct technique for dribbling and throwing underarm.

I can change direction and speed when moving with a ball.

I can move and pass a ball with increasing accuracy.

I can use simple attacking and defending strategies.

Year 3

I can pass the ball keeping possession to beat an opponent.

I can use the correct position for a shoulder pass and have my hands ready to receive a pass.

I can combine dribbling and passing to create space.

Year 4

I know where and when to shoot from applying the correct technique.

I know who to mark and why it is important.

I can pass the ball and move effectively to keep possession.

Year 5

I can use chest and bounce passes to keep possession and create an attack.

I understand and can use man to man marking.

I can move the ball to create scoring opportunities and know the best place to shoot from.

Year 6

I

Year 7

Can apply defensive tactics forcing mistakes to win back possession.

Continue to follow the rules and play competitively even when losing, showing respect to the other team.