

 Ball Skills Progression	EYFS	Year 1	Year 2
Sending skills	Explore sending an object with hands and feet.	Roll and throw with some accuracy towards a target.	Roll, throw and kick a ball to hit a target.
Sending knowledge	Know to look at the target when sending a ball	Know to face my body towards my target when rolling and throwing underarm to help me to balance.	Know that stepping with opposite foot to throwing arm will help me to balance.
Catching skills	Explore catching to self and with a partner.	Begin to catch with two hands. Catch after a bounce.	Develop catching a range of objects with two hands. Catch with and without a bounce.
Catching knowledge	Know to have hands out ready to catch.	Know to watch the ball as it comes towards me.	Know to use wide fingers and pull the ball in to my chest to help to securely catch.
Tracking skills	Explore stopping a ball with hands and feet.	Track a ball being sent directly	Consistently track and collect a ball being sent directly.
Tracking knowledge	Know to watch the ball as it comes towards me and scoop it with two hands.	Know to move my feet to get in the line with the ball.	Know that it is easier to move towards a ball to track it than chase it.
Dribbling skills	Explore dropping and catching with two hands and moving a ball with feet.	Explore dribbling with hands and feet.	Explore dribbling with hands and feet with increasing control on the move.
Dribbling knowledge	Know that keeping the ball close will help with control.	Know that moving with a ball is called dribbling.	Know to keep my head up when dribbling to see space/opponents.