

 Target Games Skills & Knowledge Progression	EYFS	Year 1	Year 2
Throwing/Catching & Striking skills	Throwing: Explore throwing using a variety of equipment Catching: Explore catching using a variety of equipment.	Throwing overarm: explore technique when throwing overarm Throwing underarm: explore technique when throwing underarm towards a target.	Throwing overarm: develop co-ordination and technique when throwing overarm towards a target. Throwing underarm: develop co-ordination and technique when throwing underarm towards a target. Striking: develop striking a ball with equipment with some consistency.
Throwing/Catching & Striking Knowledge	Throwing: Know to point my hand at my target when throwing. Catching: Know to have hands out ready to catch.	Throwing: Know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw.	Throwing: Know that stepping with opposite foot to throwing arm will help you to balance. Striking: Know to finish with my object/hand pointing at my target.
Tactics Knowledge	Make simple decisions in response to a task.	Know that tactics can help us when playing games.	Understand and apply simple tactics
Rules Knowledge	Know that rules help us to stay safe.	Rules: know that rules help us to play fairly	Know how to score points and follow simple rules.