

Skills

Target Games Progression Ladder

(target games, golf and dodgeball)

Knowledge

Throwing: throw with increasing control under pressure.
Catching (dodgeball): catch with increasing control under pressure.
Striking: use a variety of striking techniques with control and under pressure.



Year
6

Throwing: know who to throw at and when to throw in order to get opponents out.
Catching (dodgeball): know that I need to make quick decisions on if to catch or if to dodge the ball.
Striking: know which skill to select for the situation.
Tactics: know how to create and apply a tactic for a specific situation or outcome.
Rules: understand, apply and use rules consistently in a variety of target games whilst playing and officiating.

Throwing: demonstrate clear technique and accuracy when throwing at a target.
Catching (dodgeball): demonstrate good technique and consistency in catching skills.
Striking: develop a wider range of striking techniques and begin to use them under pressure.

Year
5

Throwing: know to aim low to make it difficult for an opponent to catch.
Catching (dodgeball): know to stay towards the back of the court area to give me more time to catch.
Striking: know that aligning my body and equipment before striking will help me to be balanced.
Tactics: understand the need for tactics and identify when to use them in different situations.
Rules: understand and apply rules in a variety of target games whilst playing and officiating.

Throwing: throw with increasing accuracy at a target.
Catching (dodgeball): catch with increasing consistency.
Striking: strike a ball with increasing consistency.



Year
4

Throwing: know that one handed throws are used for speed and accuracy. Know that keeping my elbow high and stepping with my opposite foot will help to increase the power.
Catching (dodgeball): know that moving my feet to a ball and pulling it in to my chest will help me to catch more consistently.
Striking: know that using a smooth action will help to increase accuracy.
Tactics: know that applying attacking tactics will help me to score points and get opponents out. Know that applying defending tactics will help me to stay in the game.
Rules: know and understand the rules to be able to manage our own game.

Throwing: explore throwing at a moving target.
Catching (dodgeball): begin to catch whilst on the move.
Striking: begin to strike a ball with accuracy and balance.

Year
3

Throwing: know to throw slightly ahead of a moving target.
Catching (dodgeball): know that beginning in a ready position will help me to react to the ball.
Striking: know that using a bigger swing will give me more power.
Tactics: know that using simple tactics will help my team to achieve an outcome e.g. spread out so that we are harder to aim for.
Rules: know the rules of the game and begin to apply them.

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.

Year
2

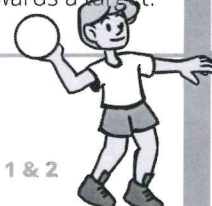
Throwing: know that stepping with opposite foot to throwing arm will help you to balance. Know that moving my arm quicker will give me more power.
Striking: know to finish with my object/hand/foot pointing at my target.
Tactics: understand and apply simple tactics.
Rules: know how to score points and follow simple rules.

Throwing overarm: explore technique when throwing overarm towards a target.
Throwing underarm: explore technique when throwing underarm towards a target.

Year
1

Throwing: know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw.
Tactics: know that tactics can help us when playing games.
Rules: know that rules help us to play fairly.

Throwing: explore throwing using a variety of equipment.
Catching: explore catching using a variety of equipment.



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Throwing: know to point my hand at my target when throwing.
Catching: know to have hands out ready to catch.
Tactics: make simple decisions in response to a task.
Rules: know that rules help us to stay safe.

