



P

ROGRESSION OF KEY SKILLS

Handball

Early Years (progressions through first PE unit/Enjoy-a-ball)	EY
Ball Awareness—moving ball on body	
Experiment with moving an object along the floor e.g pushing a balloon	
Throw to self, catching a soft ball/balloon. Passing to a partner with different types of balls	
Throwing at and into targets e.g. on walls, on benches, cones- to score	
Run in an area, stop quickly and 'Freeze' (in a game/warm up) -fundamentals to developing footwork	
Move around safely in a variety of ways and negotiating space.	
Play adapted games to get past players, with a ball - (while attempting to bounce it)	

1	Year 1 (progressions through ball skills/Ball games)
	Ball Awareness—moving a ball on the ground
	Experiment with bouncing and dribbling a ball
	Catch a soft ball safely, Pass a soft ball from the chest - 'W' shape when passing and receiving
	Throwing a ball into a target (through cones) to score
	Footwork- adapted game, beginning to introduce taking steps with the ball
	Move into a space in a game, looking to throw the ball to someone in a space
	Follow an opponent in a game/adapted game
	Small-sided games 3v3. Begin to develop tactics for attacking and defending.

2	Year 2 (progressions through ball skills/ball games)
	Ball Awareness—moving ball on the ground with control
	Experiment with bouncing and dribbling a ball, beginning to use left and right hands
	Catch a ball safely. Pass from a short distance to a partner
	Scoring in a variety of ways and begin to use these in a game situation- introduce scoring into goals
	Footwork -experiment with taking 3 steps and passing the ball
	Move into a space to catch a ball. Pass the ball to someone in a space
	Follow an opponent and trying to win (intercept) the ball
Small-sided games (Mini Handball). Develop tactics for attacking and defending	

3	Year 3 (through handball and basketball)
	Ball Awareness—moving ball around different parts of the body
	Dribbling and bouncing a ball in a variety of ways 'push not pat'
	Pass and receive a handball safely (chest and bounce pass). Pass the ball in a game within 5 seconds
	Scoring a goal (handball simulate e.g through 2 cones) adding a passive Goal keeper
	Introduce footwork through warm ups and games- 3 steps and pass
	Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking
	Adapted games, begin to apply some basic principles for attacking & defending
Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules	

4	Year 4 (through handball and basketball)
	Ball Awareness—moving ball around different parts of the body with control
	Dribbling and bouncing a ball with control and using either hand
	Pass and receive, stepping into the pass (chest and bounce pass)
	Scoring into a goal, beginning to take 3 steps- adding an active goalkeeper
	Bringing in footwork and travelling rules into a game situation
	Dodging around a player with the ball, focus on dodging into a space
	Encourage children to talk about tactics when attacking and defending
Introduce 4v4 or adapted game. Begin to use some additional rules e.g travelling, contact	

5	Year 5
	Ball Awareness—copying a partner and moving with the ball
	Dribbling the ball, changing direction, and turning, using either hand
	Pass, receive and move with the ball (chest and bounce pass)
	Introduce a jump shot in isolation and in a game
	Using footwork technique (3 steps) in game and shooting
	Dodging around your partner in a variety of ways e.g. with and without a ball
	Defending - introduce blocking technique
Begin to use techniques learned in a game situation and to have an understanding of key rules	

6	Year 6
	Ball Awareness—copying a partner and keeping control while moving the ball
	Dribbling the ball in various directions at speed
	Perform a variety of passes within a game with precision and control
	Use a variety of shooting techniques in a game situation e.g. feint and shoot, jump and shoot, step and shoot
	Moving with the ball and perform the correct footwork in a competitive game situation
	Dodging around an active defender in a game situation. Apply basic principles for attacking
	To apply defensive techniques e.g blocking and marking in a competitive game situation.
	Use techniques learned and apply in a game situation. Children to officiate.

