



P

ROGRESSION OF KEY SKILLS

Dodgeball

Early Years	(progressions through first PE unit/Enjoy-a-ball)
Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination).	
Throw to self and to a partner using soft objects e.g. balloon, scarf, soft ball. Catching a balloon/ball	
Aiming at a target e.g a tall cone	
Jumping over objects in a variety of different ways	
Pushing a balloon away with two hands	
Move around safely in a variety of ways and negotiating space.	

EY

1	Year 1
Rolling the ball in different ways through tunnels	
Throw a ball to a partner underarm. Throwing and catching with a partner	
Aiming at a variety of targets and at different levels	
Jumping over a variety of objects at different heights and over a ball in a game situation.	
Blocking technique movement - through a game situation - tapping another partner's ball with their own	
Adapted games. Begin to develop tactics for attacking and defending.	

Year 2
Rolling the ball to a partner, increasing the distance of targets to improve accuracy
Throw the ball to a partner underarm- introduce targets. Throwing and catching, having control of the ball
Aiming at a variety of targets, beginning to develop accuracy e.g. through a hoop
Jumping and dodging to avoid being hit by a ball
Protecting a specific player in a game
Small-sided adapted dodgeball games . Develop tactics for attacking and defending

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3	Year 3
Throw the ball in different ways e.g grip and claw	
Catching the ball in a variety of ways and getting into 'Ready Position'	
Aiming at the opposition (below the waist) in a variety of directions, using an underarm throw	
Begin to develop different ways to dodge the ball in isolation and replicate in a game situation	
Experiment with different ways of blocking	
Adapted games, begin to apply some basic principles for attacking & defending	

Year 4
Throw the ball in different ways e.g grip and claw with control
Catching the ball in a variety of ways and at various distances - moving towards the ball
Aiming and improving the accuracy of throwing distance
Begin to develop footwork to dodge and avoid being hit by the ball.
Blocking the ball in a variety of ways and beginning to protect other players
Encourage children to talk about tactics when attacking and defending

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5	Year 5
Throwing the ball overarm and underarm in a variety of directions with control and some speed	
Catching the ball at different levels within a game situation	
Aiming at the opposition with some precision and control	
Dodging in a variety of ways in a game situation. Duck, jump, moving sideways with control and good reactions	
Blocking the ball from a variety of directions and protecting other players in an adapted game	
Begin to use techniques learned in a game situation and to have an understanding of key rules	

Year 6
Throwing the ball in a game with precision, control and speed
Identify catching opportunities to claim a catch in a game
Aiming at the opposition, below the shoulder, using a variety of throwing techniques
Dodging in a game, reacting quickly and communicating tactics to teammates to dodge
Blocking the ball and attempting to get a teammate to catch it in a game situation
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.

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