



# STRIKING AND FIELDING

## Progression of skills

Year B

### KEY SKILLS



SHAPE



FLIGHT



BALANCE



TRAVEL



ROTATION

### FUNS LINKS

#### SHAPE AND BALANCE

**Static balance:**  
stance

#### FLIGHT

**dynamic balance:**  
jumping and landing

**coordination:**  
sending and receiving  
ball skills

#### TRAVEL

**dynamic balance:**  
jumping and landing

**coordination:**  
footwork

#### ROTATION

**static balance:**  
one leg  
floor work

### RECEPTION

#### Skills and knowledge outcomes

good take off and height

balance and control on landing, including soft landings

quick reactions

quick, controlled movements.

be control when slowing down after a catch.

Control when starting and stopping quickly.

Timing and movement to get in the right position.

Balance/control when collecting the ball and move the ball in both directions.

### YEAR 1 AND 2

#### Skills and knowledge outcomes

Good take off and height.

Balance and control on landing, including soft landings.

Quick reaction.

Quick, controlled movement including when slowing down after a catch.

Control with starting and stopping quickly.

Timing and movement to get in the right position

Balance and control when collecting the ball.

Control of the ball is maintained throughout.

Complete challenges in both directions consistently and smoothly, with smooth movements with a ball.

## YEAR 3 AND 4

### Skills and knowledge outcomes

good take off and height.

balance and control on landing, including soft landings.

quick reaction and good acceleration.

quick, controlled movement.

balance and control after catch.

ability to turn over either shoulder.

timing to get in the right position.

balance and control when collecting the ball.

smooth movements with the ball with fluidity when changing hands.

## YEAR 5 AND 6

### Skills and knowledge outcomes

good take off and height.

balance and control on landing, including soft landings.

Quick reactions and good acceleration.

Quick controlled movement.

Balance and control after catch.

ability to turn over either shoulder and catch the ball.

timing to get in the right position.

balance and control when collecting the ball.

smooth movements with the ball, including fluidity when changing hands.

