**Striking and Fielding – Skills Ladder**

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| **Foundation Stage** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
|  | I can create a ‘cup shape’ with my hands & catch a small ball | I can create a ‘cup shape’ with my hands, catch a ball with control, with my body behind the ball | I can catch a ball with accuracy, always keeping my eyes on the ball | I can react & catch a ball thrown from a distance, always keeping my eye on the ball | I can react & catch balls thrown from a variety of distances & angles, always keeping my eye in the ball | I can react quickly & catch a ball thrown at different heights & angles, using my body to adapt & respond to the balls thrown |
|  | I can begin to throw overarm | I can throw overarm, aiming for a target | I can stand sideways, looking at the target & swing my throwing arm forward & release the ball, aiming for the target with accuracy | I can use an overarm throw to hit a target & begin to throw the ball accurately over a large distance (at least 5m) | I can throw the ball overarm accurately, over a large distance (at least 7m), developing the power, with which I throw the ball | I can throw the ball accurately over a large distance (at least 10m) with increase power, with which I throw the ball |
|  | I can begin to hold & move my bat/racket in the correct direction, when trying to strike a ball | I can hold my bat/racket correctly to play the appropriate games & strike the ball | I can strike a ball in an intended direction, swinging the bat in front, twisting at the hip | I can strike a bowled ball over a short distance | I can strike a bowled ball over a long distance | I can strike a bowled ball over a large distance into a space with good control & accuracy |
|  | I can begin to understand what a fielder is | I understand what a fielder is & where to position myself as a fielder | I can begin to use a range of fielding techniques & stop balls travelling from different heights & speeds | I can use a range of striking & fielding techniques | I can use a range of striking & fielding skills in a game | I can use striking & fielding skills in a game with confidence |
|  | I can stop balls travelling towards me | I can begin to stop balls travelling from different heights & speeds | I can bowl a ball underarm or overarm | I can bowl underarm & overarm at a target with control | I can bowl a ball underarm or overarm at a target with control & accuracy & develop the ‘ball bounce’ with my delivery (if needed) | I can bowl underarm & overarm, making the ball bounce on delivery (if needed), using good technique & accuracy |
|  | I can listen to the rules of a game & try to remember them | I can play by the rules in a game | I can adapt to the rules of different games | I understand the rules & can communicate with my team during a game | I can effectively communicate while playing a game | I can effectively communicate with my team during a game, discussing strategies for improvement on our performance |