

## Expected in PE

### Sending & Receiving

Year 3		Year 4	
Key Skills	Knowledge	Key Skills	Knowledge
<p>Ball Skills:</p> <ul style="list-style-type: none"> <li>Sending: send a ball with accuracy and increasing consistency to a target.</li> <li>Catching: catch a range of objects with increasing consistency.</li> <li>Tracking: track a ball not sent directly. Dribbling: dribble a ball with hands and feet with control.</li> </ul>	<p>Ball Skills:</p> <ul style="list-style-type: none"> <li>Sending: know that pointing my hand/foot to my target on release will help me to send a ball accurately.</li> <li>Catching: know to move my feet to the ball. Tracking: know that using a ready position will help me to react to the ball.</li> <li>Dribbling: know that dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.</li> </ul>	<p>Ball Skills:</p> <ul style="list-style-type: none"> <li>Sending: accurately use a range of techniques to send a ball to a target.</li> <li>Catching: catch different sized objects with increasing consistency with one and two hands.</li> <li>Tracking: consistently track a ball sent directly and indirectly. Dribbling: dribble a ball with increasing control and co-ordination</li> </ul>	<p>Ball Skills:</p> <ul style="list-style-type: none"> <li>Sending: know that I can use a variety of ways to send the ball and it may depend on the situation e.g. distance, speed, if there is a defender.</li> <li>Catching: know to adjust my hands to the height of the ball. Tracking: know that tracking a ball is an important skill used in games activities and be able to give examples of this.</li> <li>Dribbling: know that dribbling with soft hands/touches will help me to keep control.</li> </ul>

Year 5		Year 6	
Key Skills	Knowledge	Key Skills	Knowledge
<p>Ball Skills:</p> <ul style="list-style-type: none"> <li>• Sending: demonstrate clear technique when sending a ball under pressure.</li> <li>• Catching: demonstrate good technique under pressure.</li> <li>• Tracking: demonstrate a range of techniques when tracking and collecting a ball. Dribbling: dribble with some control under pressure.</li> </ul>	<p>Ball Skills:</p> <ul style="list-style-type: none"> <li>• Catching: understand when to use different types of catching.</li> <li>• Tracking: know that tracking a ball will help me to collect/stop/receive it quickly and successfully.</li> <li>• Dribbling: know that dribbling in different directions will help me to lose a defender in game situations.</li> </ul>	<p>Ball Skills:</p> <ul style="list-style-type: none"> <li>• Sending: show good technique when sending a ball with increasing control, accuracy and consistency under pressure.</li> <li>• Catching: demonstrate increasing consistency of catching under pressure in a variety of game situations.</li> <li>• Tracking: demonstrate a wider range of techniques when tracking a ball under pressure</li> <li>• Dribbling: dribble consistently using a range of techniques with increasing control under pressure.</li> </ul>	<p>Ball Skills:</p> <ul style="list-style-type: none"> <li>• Sending: understand and make quick decisions about when, how and who to pass to.</li> <li>• Catching: know how to catch a ball for different situations, considering trajectory, speed, height and size of the ball.</li> <li>• Tracking: know how to track a ball for different situations, considering trajectory, speed, height and size of the ball.</li> <li>• Dribbling: choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.</li> </ul>