

PROGRESSION OF KEY SKILLS

Football

Reception (through multi skills unit)

EY

- > Explore stopping a ball with different parts of the body
- > Experiment kicking the ball with feet to a partner
- > Move a bean bag on the floor using inside of foot
- > Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)
- > Passing with a partner and counting to 5 and 10



Year 1 (through ball skills unit)

1

- > Stopping a ball with the inside of feet
- > Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!"
- > Dribble the ball with the inside of feet
- > Follow my leader – trying to stay near their partner
- > Scoring point in a variety of ways in adapted games

Year 2 (through ball skills unit)

2

- > Stopping a ball with the sole and inside of feet
- > Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy
- > Dribble the ball with the inside of feet keeping the ball close to their body
- > Tag game– trying to catch their partner
- > Scoring in a variety of ways and begin to use scoring techniques game situations



Year 3

3

- > Control a ball using inside, outside and sole of feet
- > Pass the ball with inside of feet with accuracy
- > Dribble the ball beginning to turn with some control (inside and outside hook)
- > Begin to defend making a standing tackle in a 1v1
- > Kick a ball stationary past a goal keeper
- > Embracing rules and playing fairly



Year 4

4

- > Move body to correct position to stop and control a ball
- > Pass the ball with inside of feet whilst on the move
- > Dribble the ball using inside, outside hook and drag back beginning to accelerate
- > Begin to defend making a standing tackle or intercept a pass
- > Kick a ball whilst moving past a goal keeper with some accuracy
- > Inspire others with fair play and being gracious in victory and defeat

Year 5

5

- > Control the ball using either foot when moving
- > Pass the ball with inside, front or laces on the foot
- > Dribble the ball using inside, outside hook and drag back beginning to accelerate
- > Show good body position to defend and press in a 2v2 game
- > Scoring using top of foot (laces)- aiming for corners of the goal
- > Begin to communicate with team to develop tactics for attacking and defending

Year 6

6

- > Move into space to receive the ball and control with either foot in a game
- > Select the correct pass for various distances in a game situation
- > Dribble the ball in a game situation around a defender
- > Communicate with team when defending in a game -making interceptions, cover space
- > To work as a team to score, shooting from various angles
- > Communicate with team evaluate and recognise success to help improve individual and team performance

