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ROGRESSION OF KEY SKILLS

Basketball

Early Years	(progressions through first PE unit/Enjoy-a-ball)
Ball Awareness	–moving ball on body
Experiment with moving an object along the floor	e.g pushing a balloon
Throw to self, catching a soft ball/balloon.	Passing to a partner with different types of balls
Throwing into hoops and targets to score	
Run in an area, stop quickly and 'Freeze' (in a game/warm up)	–fundamentals to developing footwork
Move around safely in a variety of ways and negotiating space.	Follow my leader in pairs
Play adapted games to get past players, with a ball	– (while attempting to bounce it)

EY

1	Year 1	(progressions through ball skills/Ball games)
Ball Awareness	–moving a ball on the ground	
Experiment with bouncing and dribbling a ball		
Catch a soft ball safely.	Pass a soft ball from the chest – 'W' shape when passing and receiving	
Scoring in superhero basketball	– throwing a ball into target (someone's hands/hoop)	
Footwork	– adapted game, not running with a ball	
Move into a space in a game, looking to throw the ball to someone in a space		
Follow an opponent in a game/adapted game		
Small-sided games 3v3.	Begin to develop tactics for attacking and defending.	

2	Year 2	(progressions through ball skills/ball games)
Ball Awareness	–moving ball on the ground with control	
Experiment with bouncing and dribbling a ball, beginning to use left and right hands		
Catch a ball safely.	Pass from a short distance to a partner	
Scoring in a variety of ways and begin to use these in a game situation		
Stopping	–with two feet bending at knees and holding the ball close to body	
Move into a space to catch a ball.	Pass the ball to someone in a space	
Follow an opponent and trying to win (intercept) the ball		
Small-sided games (Superhero ball Basketball).	Develop tactics for attacking and defending	

3	Year 3
Ball Awareness	–moving ball around different parts of the body
Dribbling and bouncing a ball in a variety of ways	'push not pat'
Pass and receive a ball with some control	
Scoring into smaller targets	
Perform a jump and stride stop in basketball	
Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking	
Protecting the ball in an adapted game	
Introduce 3v3 mini basketball or an adapted game.	Introduce tip off and key rules

4	Year 4
Ball Awareness	–moving ball around different parts of the body with control
Dribbling and bouncing a ball with control and using either hand	
Pass and receive, stepping into the pass (chest and bounce pass)	
Scoring into a net/hoop in a small sided 3v3 basketball game	
Perform a jump and stride stop with a pivot	
Dodging around a player with the ball, focus on dodging into a space	
Protecting the ball – using the pivot to protect the ball. Begin to apply basic principles suitable for defending	
Introduce 4v4 or adapted game. Begin to use some additional rules e.g double dribble, travelling. .	

5	Year 5
Ball Awareness	–copying a partner and moving with the ball
Dribbling the ball, changing direction, and turning, using either hand	
Pass, receive and move with the ball (chest and bounce pass)	
Learn the BEEF technique when shooting in isolation and begin to use in a game situation	
Dribble the ball and perform the correct footwork when stopping	
Offensive play in a conditioned, game, beating your partner when dribbling a ball	
Defence techniques– (Gorilla) and begin to use the body to protect the ball in a conditioned game situation	
Begin to use techniques learned in a game situation and to have an understanding of key rules	

6	Year 6
Ball Awareness	–copying a partner and keeping control while moving the ball
Dribbling the ball in various directions at speed	
Perform a variety of passes within a game with precision and control	
Using the BEEF technique in a competitive game situation with some success	
Dribble the ball and perform the correct footwork when stopping in a competitive game situation	
Offensive play using your team member to screen the ball in combination. Apply basic principles for attacking	
To apply defensive techniques in a competitive game situation. Apply basic principles for defending	
Use techniques learned and apply in a game situation. Children to officiate.	

