



## Skills

# Target Games Progression Ladder

(target games, golf and dodgeball)

## Knowledge



**Throwing:** throw with increasing control under pressure.  
**Catching (dodgeball):** catch with increasing control under pressure.  
**Striking:** use a variety of striking techniques with control and under pressure.



Year  
6

**Throwing:** know who to throw at and when to throw in order to get opponents out.  
**Catching (dodgeball):** know that I need to make quick decisions on if to catch or if to dodge the ball.  
**Striking:** know which skill to select for the situation.  
**Tactics:** know how to create and apply a tactic for a specific situation or outcome.  
**Rules:** understand, apply and use rules consistently in a variety of target games whilst playing and officiating.

**Throwing:** demonstrate clear technique and accuracy when throwing at a target.  
**Catching (dodgeball):** demonstrate good technique and consistency in catching skills.  
**Striking:** develop a wider range of striking techniques and begin to use them under pressure.

Year  
5

**Throwing:** know to aim low to make it difficult for an opponent to catch.  
**Catching (dodgeball):** know to stay towards the back of the court area to give me more time to catch.  
**Striking:** know that aligning my body and equipment before striking will help me to be balanced.  
**Tactics:** understand the need for tactics and identify when to use them in different situations.  
**Rules:** understand and apply rules in a variety of target games whilst playing and officiating.

**Throwing:** throw with increasing accuracy at a target.  
**Catching (dodgeball):** catch with increasing consistency.  
**Striking:** strike a ball with increasing consistency.



Year  
4

**Throwing:** know that one handed throws are used for speed and accuracy. Know that keeping my elbow high and stepping with my opposite foot will help to increase the power.  
**Catching (dodgeball):** know that moving my feet to a ball and pulling it in to my chest will help me to catch more consistently.  
**Striking:** know that using a smooth action will help to increase accuracy.  
**Tactics:** know that applying attacking tactics will help me to score points and get opponents out. Know that applying defending tactics will help me to stay in the game.  
**Rules:** know and understand the rules to be able to manage our own game.

**Throwing:** explore throwing at a moving target.  
**Catching (dodgeball):** begin to catch whilst on the move.  
**Striking:** begin to strike a ball with accuracy and balance.

Year  
3

**Throwing:** know to throw slightly ahead of a moving target.  
**Catching (dodgeball):** know that beginning in a ready position will help me to react to the ball.  
**Striking:** know that using a bigger swing will give me more power.  
**Tactics:** know that using simple tactics will help my team to achieve an outcome e.g. spread out so that we are harder to aim for.  
**Rules:** know the rules of the game and begin to apply them.

**Throwing overarm:** develop co-ordination and technique when throwing overarm towards a target.  
**Throwing underarm:** develop co-ordination and technique when throwing underarm towards a target.  
**Striking:** develop striking a ball with equipment with some consistency.

Year  
2

**Throwing:** know that stepping with opposite foot to throwing arm will help you to balance. Know that moving my arm quicker will give me more power.  
**Striking:** know to finish with my object/hand/foot pointing at my target.  
**Tactics:** understand and apply simple tactics.  
**Rules:** know how to score points and follow simple rules.

**Throwing overarm:** explore technique when throwing overarm towards a target.  
**Throwing underarm:** explore technique when throwing underarm towards a target.

Year  
1

**Throwing:** know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw.  
**Tactics:** know that tactics can help us when playing games.  
**Rules:** know that rules help us to play fairly.

**Throwing:** explore throwing using a variety of equipment.  
**Catching:** explore catching using a variety of equipment.



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**Throwing:** know to point my hand at my target when throwing.  
**Catching:** know to have hands out ready to catch.  
**Tactics:** make simple decisions in response to a task.  
**Rules:** know that rules help us to stay safe.

