



NET AND BALL SKILLS

Progression of skills

Year B

KEY SKILLS



SHAPE



FLIGHT



BALANCE



TRAVEL



ROTATION

FUNS LINKS

SHAPE AND BALANCE

Static balance:
stance

FLIGHT

dynamic balance:
jumping and landing

coordination:
footwork

ROTATION

static balance:
one leg
floor work

dynamic balance:
on a line

TRAVEL

dynamic balance:
on a line
jumping and landing

coordination:
footwork

RECEPTION

Skills and knowledge outcomes

Negotiate space and obstacles safely.

Demonstrate strength, balance and coordination.

Demonstrate strength, balance and coordination.

Listen attentively and respond to what they hear with relevant questions, comments and actions.

Demonstrate strength, balance and coordination.

Work and play cooperatively with others.

Show sensitivity to their own and others' needs.

YEAR 1 AND 2

Skills and knowledge outcomes

Receive a small force from various angles

Catch ball at chest height and throw it back.

Perform named jumps (with legs below horizontal) on floor with accuracy and control.

Maintain balance whilst catching a ball at chest height and throw it back.

Keep feet shoulder width apart and knees bent, keep weight on balls of feet and look forward.

Perform rotation on different body parts on floor (on patches or two points) with accuracy
Strike a ball with alternate and feet.

Vary the speed of sending a ball, and receive with good positioning

Smooth movements with a ball

YEAR 3 AND 4

Skills and knowledge outcomes

Use accurate weight for throws with fluency and rhythm.

Good positioning when receiving.

Explore the strength of throw to work out how much force is needed.

Take up a balanced position, with minimum wobble and good posture.

Fluidity when changing hands.

Keep the ball moving and away from the body.

Keep head up, looking forward.

Concentrate on performing the movements smoothly to begin with and then gradually increase their speed.

YEAR 5 AND 6

Skills and knowledge outcomes

Maintain balance throughout with minimum wobble and good posture.

Keep feet shoulder-width apart and bend knees, head up looking forward and maintain 'ready' position.

Smooth movements with the ball maintained throughout.

Ability to complete challenges in both directions consistently and smoothly.

Fluidity when changing hands.

Develop movement and timing to get in to a good position.

Accuracy and weight of throws.

Adopt a 'ready position' and communicate with a partner or team.

Focus on accuracy and speed of throws.

