



## Agility: Ball Chasing

Progression of **skills**, **knowledge** and **vocabulary**



## PROGRESSION OF SKILL

## PROGRESSION OF KNOWLEDGE

## PROGRESSION OF VOCABULARY

### Declarative

### Procedural

### Key Vocabulary

Skill progression

1. Roll a ball, chase and collect it in balanced position facing opposite direction with...
2. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction with...

- control when starting and stopping quickly.
- timing to get in the right position.
- balance/control when collecting the ball.

- Take up a good ready position and push off hard.
- Keep head steady and watch the ball.
- Try rolling the ball at different speeds to get the right challenge.

- roll
- collect
- chase

1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction with...
2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction with...

- control when starting and stopping quickly.
- timing and movement to get in the right position.
- balance/control when collecting the ball.

- Start quickly and accelerate by pushing hard with feet.
- Drive arms from 'hips to lips' to help you accelerate.
- Keep watching the ball and concentrate on timing so you arrive at the right time.

- seated
- position
- accelerate
- lying
- bouncing

### Expected - end of Key Stage 1

1. Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction with...
2. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction with...
3. Complete above challenges with tennis ball with...

- control when starting and stopping quickly.
- timing and movement to get in the right position.
- balance/control when collecting the ball.

- Accelerate by pushing off hard with feet and driving arms from 'hips to lips'. Bend knees as you allow the ball to go through your legs.
- Keep watching the ball and concentrate on timing so you arrive at the right time.
- Move feet quickly to get in the collecting position in good time.

- hips to lips
- driving arms

Skill progression

### Expected - end of lower Key Stage 2

1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction with...
2. Perform above challenge with tennis ball with...
3. Roll and chase large ball, stopping it with head in front support position facing opposite direction with...

- ability to turn over either shoulder.
- timing to get in the right position.
- balance/control when collecting the ball.

- Start quickly by pushing off hard with feet and by driving arms ('hips to lips'). Slow down to get into position.
- Run well past the ball to give you more time.
- Get into a stable position as early as you can. Move feet quickly to get into the collecting position.

- long barrier
- topping
- knee sideways

### Expected - end of upper Key Stage 2

1. Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce with...
2. Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce with...

- ability to turn over either shoulder and catch the ball.
- timing to get in the right position.
- balance/control when collecting the ball.

- When facing partner, turn with a reverse pivot, bend knees and push off.
- When facing away from partner, use peripheral vision to spot the ball and react quickly.
- Move feet quickly to get into the collecting position.

- react
- peripheral vision
- pivot

1. Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce with...
2. Perform above challenge but catch ball on instep of foot and lower it to the ground with...

- ability to turn over either shoulder and catch the ball between the knees.
- timing to get in the right position.
- balance/control when collecting the ball.

- Move quickly by bending knees and pushing off.
- Try to spot the ball and react as quickly as possible.
- Move feet quickly to get into collecting position.

- instep
- challenge
- spot



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