



## Coordination: Ball Skills

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



## PROGRESSION OF SKILL

## PROGRESSION OF KNOWLEDGE

## PROGRESSION OF VOCABULARY

### Declarative

### Procedural

### Key Vocabulary

Skill progression

1. Sit and roll a ball along the floor around body using 2 hands with...
2. Sit and roll a ball along the floor around body using 1 hand (right and left) with...
3. Sit and roll a ball down legs and around upper body using 2 hands with...
4. Stand and roll a ball up and down legs and round upper body using 2 hands with...

- ability to move the ball in both directions.
- control of the ball maintained throughout.
- smooth movements with the ball.

- Use fingers to move the ball.
- Keep tummy tight and weight through your bottom.
- Focus on moving the ball smoothly rather than on speed.

- sit
- along
- hand
- roll
- around
- right

1. Sit and roll a ball up and down legs and round upper body using 1 hand with...
2. Stand and roll a ball up and down legs and round upper body using 1 hand with...

- ability to move the ball in both directions.
- control of the ball maintained throughout.
- smooth movements with the ball.

- Move the ball with fingertips.
- Focus on maintaining good balance throughout.
- Perform movements smoothly and then gradually increase speed.

- upper body
- legs
- down
- stand
- up

### Expected - end of Key Stage 1

#### In 20 seconds or less:

1. Stand with legs apart and move a ball around 1 leg 16 times (right and left leg) with...
2. Move a ball round waist 17 times with...
3. Stand with legs apart and move a ball around alternate legs 16 times with...

- control of the ball maintained throughout.
- ability to complete challenges in both directions consistently and smoothly.
- smooth movements with the ball.

- Move the ball with fingers, avoiding it touching body.
- Focus on maintaining good balance and looking straight ahead throughout.
- Perform movements smoothly and then gradually increase speed.

- tummy
- around
- alternate
- apart
- height

### Expected - end of lower Key Stage 2

#### In 20 seconds or less:

1. Stand with legs apart and move ball in figure of 8 around both legs 12 times with...
2. Move ball around waist into figure of 8 around both legs 10 times with...
3. Move ball around waist and then around alternate legs 12 times with...
4. Stand with legs apart and perform 24 criss-crosses, with and then without a bounce with...

- smooth movements with the ball.
- ability to complete challenges in both directions consistently and smoothly.
- fluidity when changing hands.

- Keep ball moving and away from body.
- Keep head up, looking forward.
- Concentrate on performing the movements smoothly to begin with and then gradually increase their speed.

- waist
- criss-cross catches
- bounce
- direction
- figure of 8
- complete
- fluidity

### Expected - end of upper Key Stage 2

#### In 20 seconds or less:

1. Stand with legs apart and complete 20 front to back catches with a bounce in between with...
2. Perform above 30 times without ball bouncing in between. with...
3. Complete above tasks with head up throughout with...
4. Complete 11 overhead throw and catches with...

- smooth movements with the ball.
- ability to complete challenges in both directions consistently and smoothly.
- fluidity when changing hands.

- Concentrate on performing movements smoothly and with control.
- Keep back straight throughout.
- Focus on using 'soft hands' throughout.

- front to back catches
- overhead throws
- soft hands

#### In 20 seconds or less:

1. Complete 12 long circles (forwards and then backwards) with...
2. Complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions) with...

- smooth movements with the ball.
- ability to complete challenges in both directions consistently and smoothly.
- fluidity when changing hands.

- Perform movements smoothly and with control.
- Try to develop a good rhythm when completing the challenges.
- Concentrate on weight of throws, avoiding throwing the ball too hard, and move your hands into position. support.

- long circles
- opposite
- combine

Skill progression



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