

PROGRESSION OF SKILL

PROGRESSION OF KNOWLEDGE

PROGRESSION OF VOCABULARY

Declarative

Procedural

Key Vocabulary

Skill progression

1. Stand on line with good stance for 10 seconds with...

- both feet facing forwards.
- feet still.
- minimum wobble (control).

- Keep feet a shoulder width apart.
- Keep balls of feet on the line.
- Keep back straight and head up.

- stance
- balance
- ball
- line
- heel

1. Stand on low beam with good stance for 10 seconds with...

- both feet facing forwards.
- feet still.
- minimum wobble (control).

- Keep feet a shoulder width apart and knees bent.
- Keep weight on balls of feet.
- Keep back straight, head up and look forward.

- low beam
- stand

Expected - End of Key Stage 1

On a line/low beam:

1. Receive a small force from various angles with...
2. Raise alternate feet 5 times with...
3. Raise alternate knees 5 times with...
4. Catch ball at chest height and throw it back with...

- both feet facing forwards.
- balance maintained throughout.
- minimum wobble (control).

- Keep feet a shoulder width apart and knees bent.
- Keep weight on balls of feet.
- Keep back straight, head up and look forward at a focus point.

- maintain
- angles
- force
- raising

Expected - end of lower Key Stage 2

On a line/low beam:

1. Raise alternate knees to opposite elbow 5 times with...
2. Catch large ball thrown at knee height and above head with...
3. Catch large ball thrown away from body with...
4. Catch small ball thrown close to and away from body with...

- balance maintained throughout.
- minimum wobble (control).
- good posture (head up/back straight).

- Keep feet a shoulder width apart and bend knees.
- Keep head up looking forward.
- Use smooth, controlled movements by twisting body to catch the ball.

- opposite
- thrown
- knee height
- posture

Expected - end of upper Key Stage 2

On a line/low beam:

1. Throw and catch 2 small balls alternately, using both hands, both close to and away from body with...
2. Strike small ball back to a partner with a racket with...
3. Strike a small ball back to a partner from across body with a racket with...

- balance maintained throughout.
- minimum wobble (maintaining control of body).
- good posture (head up/back straight).

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

- alternately
- racket
- partner
- across body

Skill progression

On a line/low beam:

1. Throw and catch small ball, catching across body with either hand with...
2. Throw and catch 2 balls alternately, catching across body with either hand with...
3. Volley large ball back to a partner with either foot with...

- balance maintained throughout.
- minimum wobble (control).
- good posture (head up/back straight).

- Always try to keep centre of gravity over base of support.
- Hold and adjust position when you have received or hit the ball.
- Lower centre of gravity and widen base of support.

- either hand
- gravity
- volley
- widen



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