



Coordination: Sending and Receiving
Progression of skills, knowledge and vocabulary



PROGRESSION OF SKILL

PROGRESSION OF KNOWLEDGE

PROGRESSION OF VOCABULARY

Declarative

Procedural

Key Vocabulary

Skill progression

1. Roll large ball and collect the rebound with...
2. Roll small ball and collect the rebound with...
3. Throw large ball and catch the rebound with 2 hands with...

- accuracy when sending.
- appropriate power/weight when sending.
- a good position when receiving.

- Look at partner. Use backswing and follow through.
- Adopt a good 'ready position' (weight on balls of feet, wide base).
- Keep eyes focused on the ball.

- roll
- partner
- ready position
- rebound
- backswing
- power
- weight

1. Throw tennis ball, catch rebound with same hand after 1 bounce with...
2. Throw tennis ball, catch rebound with same hand without a bounce with...
3. Throw tennis ball, catch rebound with other hand after 1 bounce with...
4. Throw tennis ball, catch rebound with other hand without a bounce with...
5. Strike large, soft ball along ground with hand 5 times in a rally with...

- accuracy when sending.
- appropriate power/weight when sending.
- a good position when receiving.

- Explore and experiment with the speed you send the ball.
- Move feet to get in line with the ball when receiving. Try to have 'soft hands' when catching.
- Keep eyes focused on the ball.

- strike
- along the ground
- catch
- rally
- bounce
- throw
- soft hands

Expected - End of Key Stage 1

1. Strike a ball with alternate hands in a rally with...
2. Kick a ball with the same foot with...
3. Kick a ball with alternate feet. Roll 2 balls alternately using both hands, sending 1 as the other is returning with...

- accuracy and weight when sending.
- a good position when receiving.
- fluency/rhythm throughout.

- Vary the speed you send the ball to find which is most effective.
- Watch the ball and move feet to get in line with the ball when receiving. Keep eyes focused on the ball.
- Use backswing and follow through when striking/kicking.

- alternately
- same foot
- position
- kick
- return
- accuracy

Skill progression

Expected - end of lower Key Stage 2

1. Alternately throw and catch 2 tennis balls against a wall with...
2. Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over) with...
3. Throw 2 tennis balls against a wall in a circuit, in both directions with...

- accuracy and weight of throws.
- fluency/rhythm throughout.
- a good position when receiving.

- Explore the strength of your throw to work out how much force is needed.
- Take up a balanced position, making sure hands are in a good ready position.
- Try repeating several times. movements.

- cross-over
- opposite
- consistency
- circuit
- fluency
- repeatable

Expected - end of upper Key Stage 2

1. With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes with...
2. With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds with...

- movement and timing to get in a good position.
- accuracy and weight of throws.
- fluency/rhythm throughout.

- Adopt a 'ready position' and communicate with partner so you know when they are ready.
- Focus on accuracy and speed of passes/throws.
- Keep this going in a circuit for 30 seconds.

- communicate
- speed
- pass
- movement

1. Working with a partner, simultaneously pass ball along the floor with feet and throw 2 tennis balls continuously with...
2. Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously with...

- movement and timing to get in good position.
- accuracy and weight of throws.
- fluency/rhythm throughout.

- Think about whether you need to control the ball with your feet first/let the tennis ball bounce.
- Focus on accuracy and speed of passes/volleys.
- With a partner, simultaneously volley a tennis ball with a racket and pass a ball along the ground for 30 seconds maintaining the quality of each movement.

- timing
- focus
- balls of feet



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