



**PROGRESSION OF SKILL**

**PROGRESSION OF KNOWLEDGE**

**PROGRESSION OF VOCABULARY**

**Declarative**

**Procedural**

**Key Vocabulary**

Skill progression

<ol style="list-style-type: none"> <li>Sit and roll a ball along the floor around body using 2 hands with...</li> <li>Sit and roll a ball along the floor around body using 1 hand (right and left) with...</li> <li>Sit and roll a ball down legs and around upper body using 2 hands with...</li> <li>Stand and roll a ball up and down legs and round upper body using 2 hands with...</li> </ol>	<ul style="list-style-type: none"> <li>ability to move the ball in both directions.</li> <li>control of the ball maintained throughout.</li> <li>smooth movements with the ball.</li> </ul>	<ul style="list-style-type: none"> <li>Use fingers to move the ball.</li> <li>Keep tummy tight and weight through your bottom.</li> <li>Focus on moving the ball smoothly rather than on speed.</li> </ul>	<ul style="list-style-type: none"> <li>sit</li> <li>along</li> <li>hand</li> <li>roll</li> <li>around</li> <li>right</li> </ul>
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<ol style="list-style-type: none"> <li>Sit and roll a ball up and down legs and round upper body using 1 hand with...</li> <li>Stand and roll a ball up and down legs and round upper body using 1 hand with...</li> </ol>	<ul style="list-style-type: none"> <li>ability to move the ball in both directions.</li> <li>control of the ball maintained throughout.</li> <li>smooth movements with the ball.</li> </ul>	<ul style="list-style-type: none"> <li>Move the ball with fingertips.</li> <li>Focus on maintaining good balance throughout.</li> <li>Perform movements smoothly and then gradually increase speed.</li> </ul>	<ul style="list-style-type: none"> <li>upper body</li> <li>legs</li> <li>down</li> <li>stand</li> <li>up</li> </ul>
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**Expected - end of Key Stage 1**

<p><b>In 20 seconds or less:</b></p> <ol style="list-style-type: none"> <li>Stand with legs apart and move a ball around 1 leg 16 times (right and left leg) with...</li> <li>Move a ball round waist 17 times with...</li> <li>Stand with legs apart and move a ball around alternate legs 16 times with...</li> </ol>	<ul style="list-style-type: none"> <li>control of the ball maintained throughout.</li> <li>ability to complete challenges in both directions consistently and smoothly.</li> <li>smooth movements with the ball.</li> </ul>	<ul style="list-style-type: none"> <li>Move the ball with fingers, avoiding it touching body.</li> <li>Focus on maintaining good balance and looking straight ahead throughout.</li> <li>Perform movements smoothly and then gradually increase speed.</li> </ul>	<ul style="list-style-type: none"> <li>tummy</li> <li>around</li> <li>alternate</li> <li>apart</li> <li>height</li> </ul>
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**Expected - end of lower Key Stage 2**

Skill progression

<p><b>In 20 seconds or less:</b></p> <ol style="list-style-type: none"> <li>Stand with legs apart and move ball in figure of 8 around both legs 12 times with...</li> <li>Move ball around waist into figure of 8 around both legs 10 times with...</li> <li>Move ball around waist and then around alternate legs 12 times with...</li> <li>Stand with legs apart and perform 24 criss-crosses, with and then without a bounce with...</li> </ol>	<ul style="list-style-type: none"> <li>smooth movements with the ball.</li> <li>ability to complete challenges in both directions consistently and smoothly.</li> <li>fluidity when changing hands.</li> </ul>	<ul style="list-style-type: none"> <li>Keep ball moving and away from body.</li> <li>Keep head up, looking forward.</li> <li>Concentrate on performing the movements smoothly to begin with and then gradually increase their speed.</li> </ul>	<ul style="list-style-type: none"> <li>waist</li> <li>criss-cross catches</li> <li>bounce</li> <li>direction</li> <li>figure of 8</li> <li>complete</li> <li>fluidity</li> </ul>
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**Expected - end of upper Key Stage 2**

<p><b>In 20 seconds or less:</b></p> <ol style="list-style-type: none"> <li>Stand with legs apart and complete 20 front to back catches with a bounce in between with...</li> <li>Perform above 30 times without ball bouncing in between. with...</li> <li>Complete above tasks with head up throughout with...</li> <li>Complete 11 overhead throw and catches with...</li> </ol>	<ul style="list-style-type: none"> <li>smooth movements with the ball.</li> <li>ability to complete challenges in both directions consistently and smoothly.</li> <li>fluidity when changing hands.</li> </ul>	<ul style="list-style-type: none"> <li>Concentrate on performing movements smoothly and with control.</li> <li>Keep back straight throughout.</li> <li>Focus on using 'soft hands' throughout.</li> </ul>	<ul style="list-style-type: none"> <li>front to back catches</li> <li>overhead throws</li> <li>soft hands</li> </ul>
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<p><b>In 20 seconds or less:</b></p> <ol style="list-style-type: none"> <li>Complete 12 long circles (forwards and then backwards) with...</li> <li>Complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions) with...</li> </ol>	<ul style="list-style-type: none"> <li>smooth movements with the ball.</li> <li>ability to complete challenges in both directions consistently and smoothly.</li> <li>fluidity when changing hands.</li> </ul>	<ul style="list-style-type: none"> <li>Perform movements smoothly and with control.</li> <li>Try to develop a good rhythm when completing the challenges.</li> <li>Concentrate on weight of throws, avoiding throwing the ball too hard, and move your hands into position. support.</li> </ul>	<ul style="list-style-type: none"> <li>long circles</li> <li>opposite</li> <li>combine</li> </ul>
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