



Dynamic Balance: On a Line

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



Skill progression

Skill progression

PROGRESSION OF SKILL

PROGRESSION OF KNOWLEDGE

PROGRESSION OF VOCABULARY

Declarative

Procedural

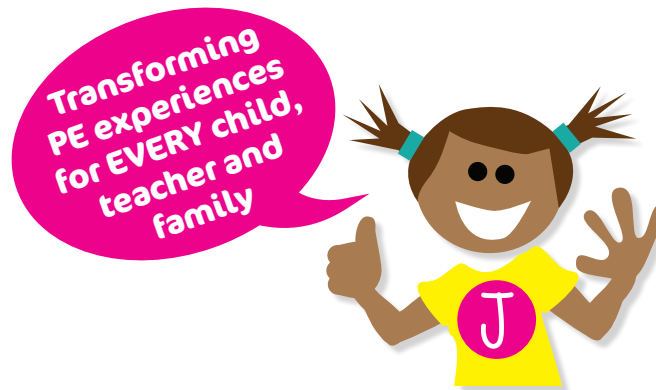
Key Vocabulary

<div>1. Walk forwards with fluidity and minimum wobble with...</div> <div>2. Walk backwards with fluidity and minimum wobble with...</div>	<div><ul style="list-style-type: none">● smooth movements.● balance maintained on the line.● opposite arm and leg moving forwards.</div>	<div><ul style="list-style-type: none">● Keep back straight.● Keep head up and still.● Swing arms to help move and balance.</div>	<div><ul style="list-style-type: none">● minimum● line● wobble● backwards</div>
<div>1. Walk fluidly, lifting knees to 90° with...</div> <div>2. Walk fluidly, lifting heels to bottom with...</div>	<div><ul style="list-style-type: none">● smooth, controlled movements and minimum wobble.● balance maintained on the line.● opposite arm and leg moving forwards.</div>	<div><ul style="list-style-type: none">● Work off the balls of feet.● Keep head still and look forward.● Use arms to help you move and balance as you walk (opposite arm and leg).</div>	<div><ul style="list-style-type: none">● fluidity● maintain● heels● forwards● 90°● lifting</div>
Expected - end of Key Stage 1			
<div>1. March, lifting knees and elbows up to a 90° angle with...</div> <div>2. Walk fluidly with heel to toe landing with...</div> <div>3. Walk fluidly, lifting knees and using heel to toe landing with...</div>	<div><ul style="list-style-type: none">● smooth, controlled movements and minimum wobble.● balance maintained on the line.● opposite arm and leg moving forwards smoothly.</div>	<div><ul style="list-style-type: none">● Keep tummy (core muscles) tight and back straight.● Keep head still and look forward.● Use arms to help you move and balance as you walk, bringing them from 'hips to lips'.</div>	<div><ul style="list-style-type: none">● marching action● heel to toe landing● hips to lips</div>
Expected - end of lower Key Stage 2			
<div>1. Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing with...</div> <div>2. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing) with...</div> <div>3. Lunge walk forwards, bringing opposite elbow up to a 90° angle with...</div> <div>4. Complete all red challenges with eyes closed with...</div>	<div><ul style="list-style-type: none">● balance maintained on the line.● opposite arm and leg driving forwards.● fluidity and minimum wobble.</div>	<div><ul style="list-style-type: none">● Keep head still and back straight.● Use arms to help you move and balance as you walk, bringing them from 'hips to lips'.● Practise the movement slowly at first movements.</div>	<div><ul style="list-style-type: none">● heel to bottom● extend● lunge● 90° angle● sink hips● driving</div>
Expected - end of upper Key Stage 2			
<div>1. Sidestep in both directions with...</div> <div>2. Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots with...</div> <div>3. Move sideways, stepping across body (lateral step-over) with...</div> <div>4. Perform 'grapevines' (step-over, sidestep, step-behind, repeat). with...</div> <div>5. Complete blue challenges then above challenges with eyes closed with...</div>	<div><ul style="list-style-type: none">● balance maintained on the line.● opposite arm and leg driving forwards.● fluidity and minimum wobble.</div>	<div><ul style="list-style-type: none">● Keep head still and back straight.● Use smooth, controlled movements.● Concentrate on keeping centre of gravity over base of support.</div>	<div><ul style="list-style-type: none">● sidestep● stand● front/reverse pivots● continuous● repeat● lateral step-over● lateral step-behind</div>
<div>1. Lunge walk backwards.</div> <div>2. Lunge walk backwards with opposite elbow at 90° with...</div> <div>3. Lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90° with...</div> <div>4. Perform above challenges with eyes closed with...</div>	<div><ul style="list-style-type: none">● balance maintained on the line.● opposite arm and leg driving forwards.● fluidity and minimum wobble.</div>	<div><ul style="list-style-type: none">● Keep head still, back straight and look forward.● Use arms to help you balance as you walk.● Concentrate on keeping centre of gravity over base of support.</div>	<div><ul style="list-style-type: none">● lunge walk● curved pathway● base of support</div>



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Static Balance: Seated

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



PROGRESSION OF SKILL

PROGRESSION OF KNOWLEDGE

PROGRESSION OF VOCABULARY

Declarative

Procedural

Key Vocabulary

In a seated position:

1. Balance with both hands/
feet down with...
2. Balance with 1 hand/
2 feet down with...
3. Balance with 2 hands/
1 foot down with...
4. Balance with 1 hand/
1 foot down with..
5. Balance with 1 hand or
1 foot down with...
6. Balance with no hands or
feet down with...

- hands/feet up for 10 seconds.
- minimum wobble (control).
- balance held without strain.

- Keep back straight.
- Keep head up and stil.
- Keep tummy tight.

- seated
- balance
- wobble
- position
- touching
- control

In a seated position:

1. Pick up a cone from one side, swap hands and place it on the other side. with...
2. Return the cone to the opposite side with...

- feet and hands off the floor throughout.
- minimum wobble.
- balance held without strain.

- Keep weight going through your bottom.
- Keep tummy tight (core muscles) and back straight.
- Keep head up and breathe throughout.

- cone
- return
- core
- swap
- opposite
- muscles

Expected - end of Key Stage 1

In a seated position:

1. Pick up a cone from one side and place it on the other side with same hand with...
2. Return it to the opposite side using the other hand with...
3. Sit in a dish shape and hold it for 5 seconds with...

- feet and hands off the floor throughout.
- minimum wobble.
- balance held without strain.

- Keep tummy tight (core muscles) and back straight.
- Use arms to help maintain balance.
- Keep head up and breathe throughout.

- dish
- straight
- shape
- hold

Expected - end of lower Key Stage 2

In a seated position:

1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions) with...
2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions) with...
3. Hold a V-shape with straight arms and legs for 10 seconds with...

- feet and hands off the floor throughout.
- minimum wobble.
- balance held without strain.

- Keep legs, back and arms straight.
- Use smooth, controlled movements.
- Keep core muscles tight.

- arm's distance
- stability
- performance
- V-shape
- repeatable
- strain

Expected - end of upper Key Stage 2

In a seated position:

1. Reach and pick up cones from in front, to the side and from behind with...
2. Reach and pick up cones from in front, to the side and from behind with eyes closed with...
3. Reach and pick up cones from in front, to the side and from behind while a partner applies a force with...
4. Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force with...

- feet and hands off the floor throughout.
- minimum wobble.
- balance held without strain.

- Keep weight going through your bottom.
- Use smooth, controlled movements.
- Use legs and arms to help keep centre of gravity steady and breathe smoothly.

- reach
- force
- apply
- steady

In a seated position:

1. Reach and pick up cones on the floor whilst on a bench, without losing balance with...
2. Turn 360° in either direction, first on the floor then on a bench with...
3. Balance on an uneven surface, e.g. wobble cushion, for 10 seconds with...
4. Reach and pick up cones on the floor whilst on an uneven surface with...

- feet and hands off the floor throughout.
- minimum wobble.
- balance held without strain.

- Lifting legs and arms just off the floor will help keep centre of gravity steady.
- Focus on one point to keep your head still
- Keep core muscles tight while breathing at the same time.

- 360°
- losing balance
- uneven surface

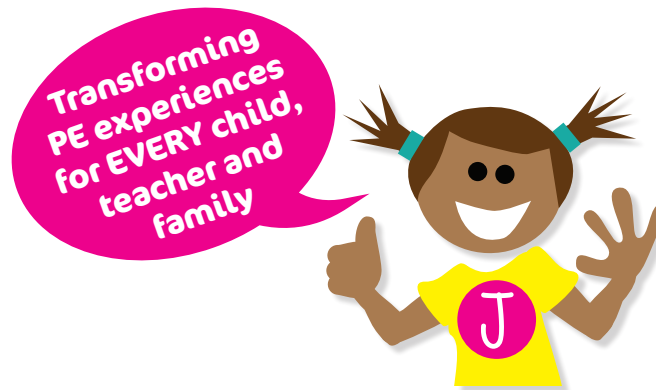
Skill progression

Skill progression



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Progression of skills, knowledge and vocabulary

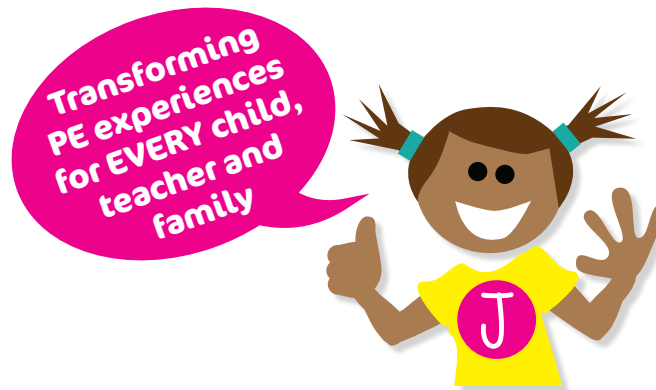


Skill progression	PROGRESSION OF SKILL		PROGRESSION OF KNOWLEDGE		PROGRESSION OF VOCABULARY	
	Declarative		Procedural		Key Vocabulary	
	1. Stand on line with good stance for 10 seconds with...	<ul style="list-style-type: none"> ● both feet facing forwards. ● feet still. ● minimum wobble (control). 	<ul style="list-style-type: none"> ● Keep feet a shoulder width apart. ● Keep balls of feet on the line. ● Keep back straight and head up. 	<ul style="list-style-type: none"> ● stance ● balance ● ball ● line ● heel 		
	1. Stand on low beam with good stance for 10 seconds with...	<ul style="list-style-type: none"> ● both feet facing forwards. ● feet still. ● minimum wobble (control). 	<ul style="list-style-type: none"> ● Keep feet a shoulder width apart and knees bent. ● Keep weight on balls of feet. ● Keep back straight, head up and look forward. 	<ul style="list-style-type: none"> ● low beam ● stand 		
	Expected - End of Key Stage 1					
	On a line/low beam: <ol style="list-style-type: none"> 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... 	<ul style="list-style-type: none"> ● both feet facing forwards. ● balance maintained throughout. ● minimum wobble (control). 	<ul style="list-style-type: none"> ● 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. 	<ul style="list-style-type: none"> ● maintain ● angles ● force ● raising 		
	Expected - end of lower Key Stage 2					
	On a line/low beam: <ol style="list-style-type: none"> 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... 	<ul style="list-style-type: none"> ● balance maintained throughout. ● minimum wobble (control). ● good posture (head up/back straight). 	<ul style="list-style-type: none"> ● 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. 	<ul style="list-style-type: none"> ● opposite ● thrown ● knee height ● posture 		
	Expected - end of upper Key Stage 2					
	On a line/low beam: <ol style="list-style-type: none"> 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... 	<ul style="list-style-type: none"> ● balance maintained throughout. ● minimum wobble (maintaining control of body). ● good posture (head up/back straight). 	<ul style="list-style-type: none"> ● Keep feet a shoulder width apart and bend knees. ● Keep head up looking forward. ● Bend knees and maintain a 'ready' position. 	<ul style="list-style-type: none"> ● alternately ● racket ● partner ● across body 		
Skill progression	On a line/low beam: <ol style="list-style-type: none"> 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... 	<ul style="list-style-type: none"> ● balance maintained throughout. ● minimum wobble (control). ● good posture (head up/back straight). 	<ul style="list-style-type: none"> ● 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. 	<ul style="list-style-type: none"> ● either hand ● gravity ● evolley ● widen 		



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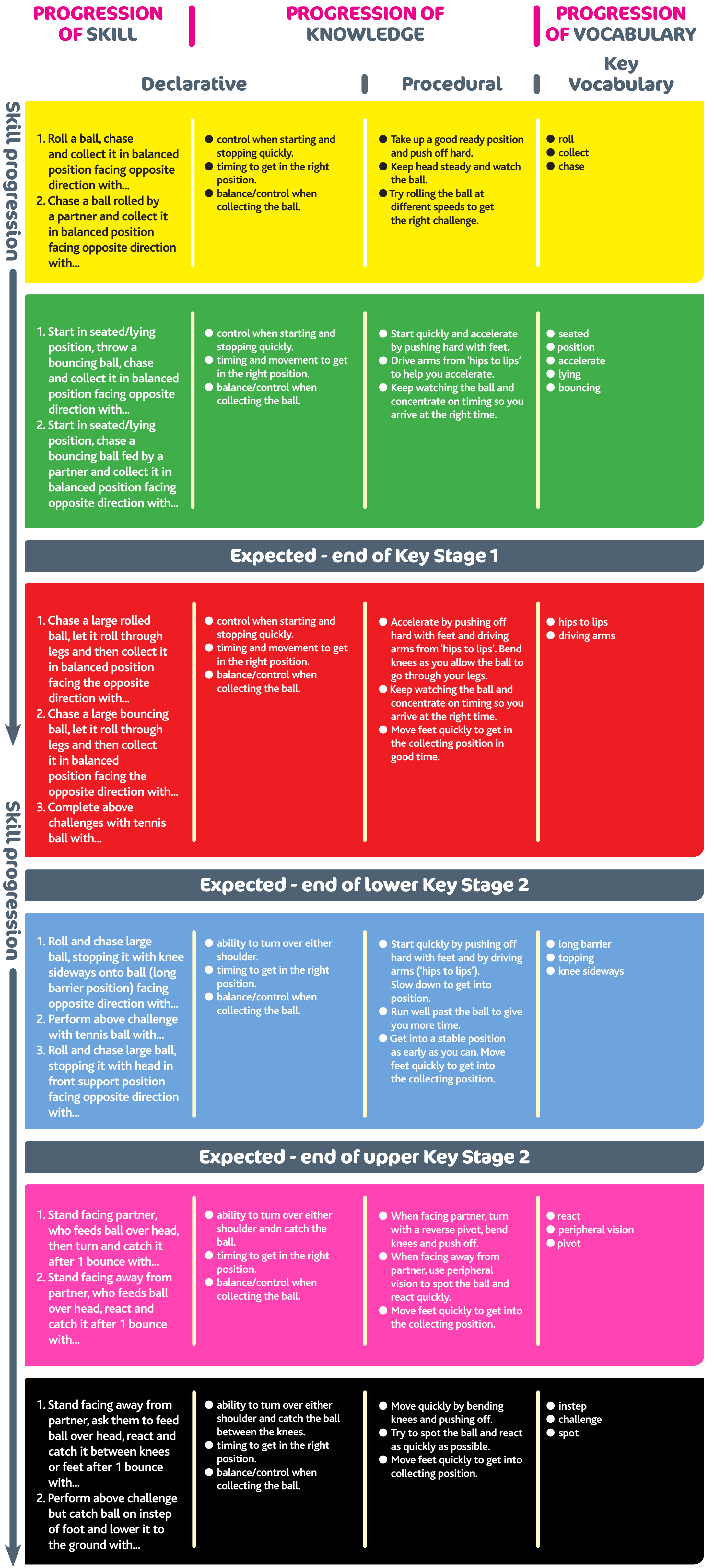
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Agility: Ball Chasing

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

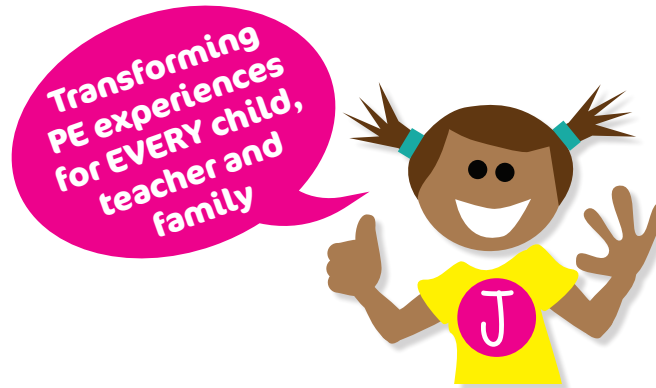






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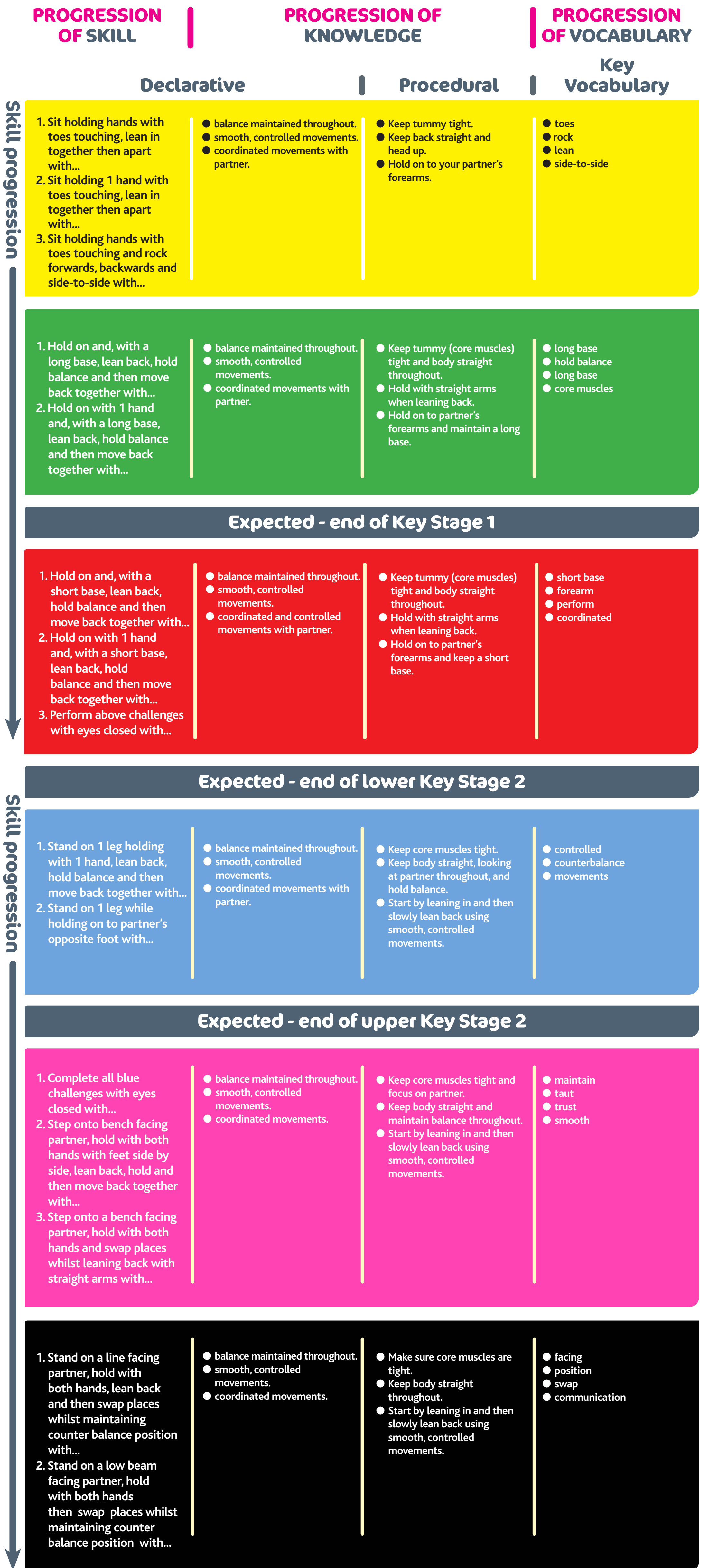


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Progression of skills, knowledge and vocabulary

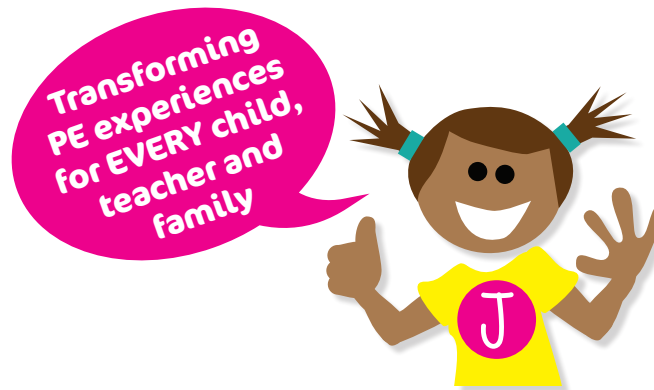




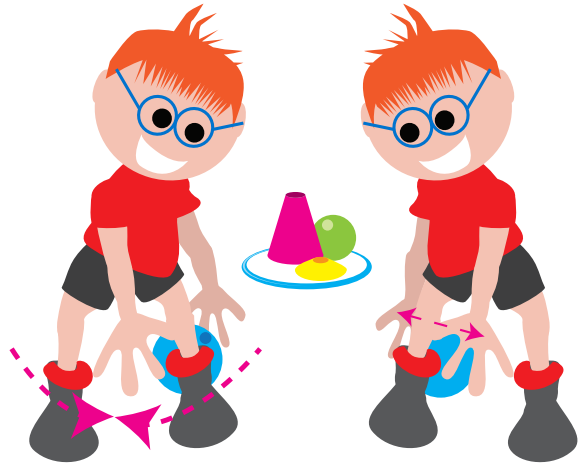


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Coordination: Ball Skills

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



PROGRESSION OF SKILL

PROGRESSION OF KNOWLEDGE

PROGRESSION OF VOCABULARY

Declarative

Procedural

Key Vocabulary

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.

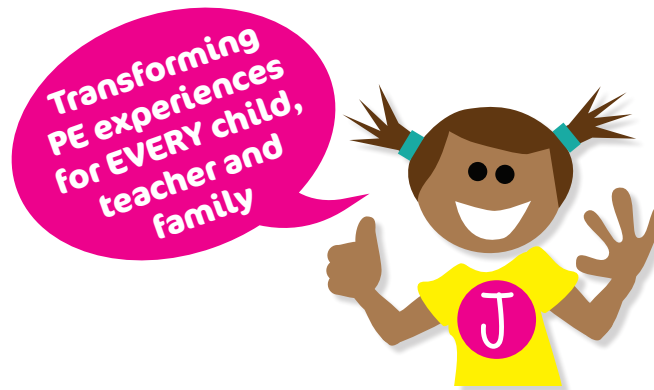
- Perform movements smoothly and with control.
- Try to develop a good rhythm when completing the challenges.
- Concentrate on weight of throws, avoiding throwing the ball too hard, and move your hands into position. support.

- long circles
- opposite
- combine



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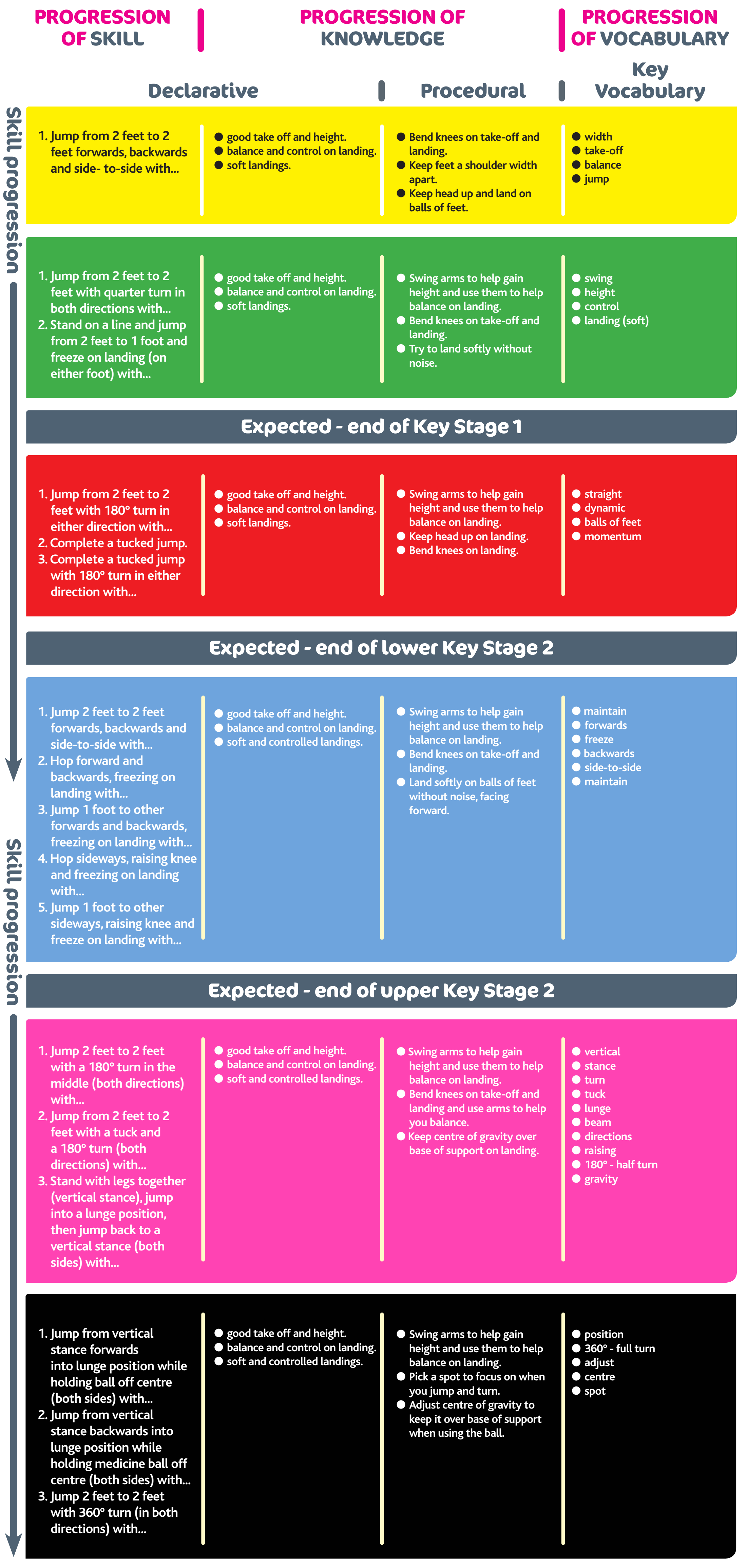


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Dynamic Balance: Jumping and Landing
**Progression of skills, knowledge
and vocabulary**

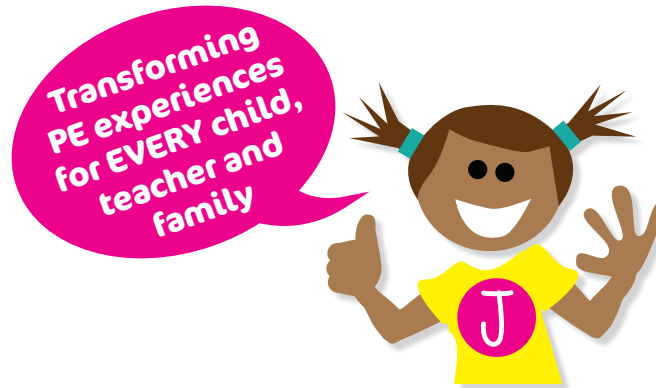






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Coordination: Sending and Receiving

Progression of skills, knowledge and vocabulary



Skill progression

Skill progression

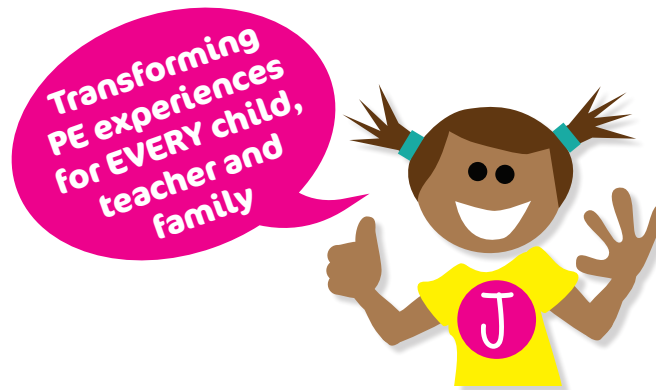
Skill progression

PROGRESSION OF SKILL		PROGRESSION OF KNOWLEDGE		PROGRESSION OF VOCABULARY	
Declarative		Procedural		Key Vocabulary	
1. Roll large ball and collect the rebound with...	● accuracy when sending.	● Look at partner. Use backswing and follow through.	● roll		
2. Roll small ball and collect the rebound with...	● appropriate power/weight when sending.	● Adopt a good 'ready position' (weight on balls of feet, wide base).	● partner		
3. Throw large ball and catch the rebound with 2 hands with...	● a good position when receiving.	● Keep eyes focused on the ball.	● ready position		
			● rebound		
			● backswing		
			● power		
			● weight		
1. Throw tennis ball, catch rebound with same hand after 1 bounce with...	● accuracy when sending.	● Exolore and experiment with the speed you send the ball.	● strike		
2. Throw tennis ball, catch rebound with same hand without a bounce with...	● appropriate power/weight when sending.	● Move feet to get in line with the ball when receiving. Try to have 'soft hands' when catching.	● along the ground		
3. Throw tennis ball, catch rebound with other hand after 1 bounce with...	● a good position when receiving.	● Keep eyes focused on the ball.	● catch		
4. Throw tennis ball, catch rebound with other hand without a bounce with...			● rally		
5. Strike large, soft ball along ground with hand 5 times in a rally with...			● bounce		
			● throw		
			● soft hands		
Expected - End of Key Stage 1					
1. Strike a ball with alternate hands in a rally with...	● accuracy and weight when sending.	● Vary the speed you send the ball to find which is most effective.	● alternately		
2. Kick a ball with the same foot with...	● a good position when receiving.	● Watch the ball and move feet to get in line with the ball when receiving. Keep eyes focused on the ball.	● same foot		
3. Kick a ball with alternate feet. Roll 2 balls alternately using both hands, sending 1 as the other is returning with...	● fluency/rhythm throughout.	● Use backswing and follow through when striking/ kicking.	● position		
			● kick		
			● return		
			● accuracy		
Expected - end of lower Key Stage 2					
1. Alternately throw and catch 2 tennis balls against a wall with...	● accuracy and weight of throws.	● Explore the strength of your throw to work out how much force is needed.	● cross-over		
2. Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over) with...	● fluency/rhythm throughout.	● Take up a balanced position, making sure hands are in a good ready position.	● opposite		
3. Throw 2 tennis balls against a wall in a circuit, in both directions with...	● a good position when receiving.	● Try repeating several times. movements.	● 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...	● movement and timing to get in a good position.	● Adopt a 'ready position' and communicate with partner so you know when they are ready.	● communicate		
2. With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds with...	● accuracy and weight of throws.	● Focus on accuracy and speed of passes/throws.	● speed		
	● fluency/rhythm throughout.	● Keep this going in a circuit for 30 seconds.	● pass		
			● movement		
1. Working with a partner, simultaneously pass ball along the floor with feet and throw 2 tennis balls continuously with...	● movement and timing to get in good position.	● Think about whether you need to control the ball with your feet first/let the tennis ball bounce.	● timing		
2. Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously with...	● accuracy and weight of throws.	● Focus on accuracy and speed of passes/volleys.	● focus		
	● fluency/rhythm throughout.	● 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.	● balls of feet		



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Coordination: Footwork

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



Skill progression

Progression of Skill

Progression of Knowledge

Progression of Vocabulary

Declarative

Procedural

Key Vocabulary

1. Side-step in both directions with...

2. Gallop, leading with either foot with...

3. Hop on either foot with...

4. Skip with...

- good control.
- good balance.
- smooth movements.

- Keep head up.
- Bend knees to help you balance.
- Work off balls of feet.

- fluency
- gallop
- side-step
- control
- hop

- skip
- directions
- forwards
- backwards

1. Combine side-steps with 180° front pivots off either foot with...

2. Combine side-steps with 180° reverse pivots off either foot with...

3. Skip with knee and opposite elbow at 90° angle with...

4. Hopscotch forwards and backwards, hopping on the same leg (right and left) with...

- balance and control throughout.
- fluent, smooth movements.
- movements performed in both directions/on both sides.

- Keep head up and back straight.
- Work off balls of feet looking straight ahead.
- Bend knees to push off and land.

- 180°- half turn
- combine
- opposite
- half turn
- pivot
- elbow
- hopscotch
- 90° - quarter turn

Expected - end of Key Stage 1

1. Hopscotch forwards and backwards, alternating hopping leg each time with...

2. Move in a 3-step zigzag pattern forwards with...

3. Move in a 3-step zigzag pattern backwards with...

- balance and control throughout.
- fluent and smooth movements.
- movements performed in both directions/on both sides.

- Keep head up and back straight.
- Work off balls of feet and increase speed when ready.
- Bend knees and use arms to help you balance.

- alternating
- pattern
- 3 step
- speed
- zigzag
- increase

Expected - end of lower Key Stage 2

1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg with...

2. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction with...

3. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction with...

- smooth, controlled movements.
- fluency and rhythm.
- movements performed in both directions/on both sides.

- Keep head up and back straight throughout.
- Keep feet close to the ground as you move.
- Bend knees and use arms to help you balance.

- knee raise
- fluent
- consistent
- maximum speed
- rhythm
- perform
- across

Expected - end of upper Key Stage 2

1. Move in 3-step zigzag pattern while alternating knee raise and foot behind with...

2. Move backwards in 3-step zigzag pattern with cross-over (swerve) with...

3. Move backwards in 3-step zigzag pattern with knee raise across body with...

- smooth, controlled movements.
- fluency and rhythm.
- movements performed in both directions/on both sides.

- Keep head up and back straight throughout.
- Try to develop a good rhythm and perform the movements smoothly and with control.
- Bend knees and use arms to help you balance.

- alternative
- controlled
- smooth
- swerve

1. Move backwards in 3-step zigzag pattern with foot behind with...

2. Move backwards in 3-step zigzag pattern with alternating knee lift and foot behind with...

- smooth, controlled movements.
- fluency and rhythm.
- movements performed in both directions/on both sides.

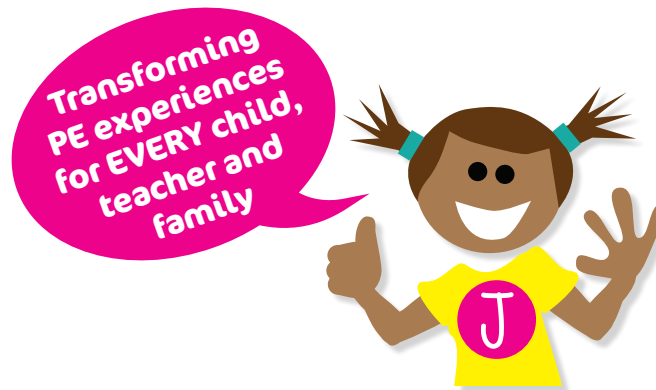
- Keep head up and back straight throughout.
- Try to develop a good rhythm and perform the movements smoothly and with control.
- Focus on keeping feet close to the ground as you move.

- practice (noun)
- encouragement



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Agility: Reaction and Response

Progression of skills, knowledge and vocabulary



Skill progression

Skill progression

PROGRESSION OF SKILL

PROGRESSION OF KNOWLEDGE

PROGRESSION OF VOCABULARY

Declarative

Procedural

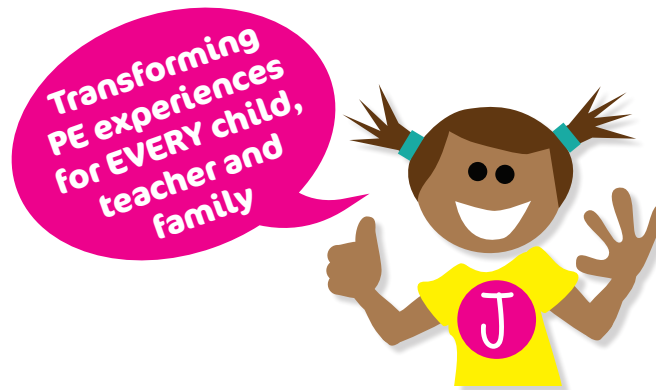
Key Vocabulary

From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg with...	<ul style="list-style-type: none">● quick reaction.● quick, controlled movement.● contol when slowing down after catch.	<ul style="list-style-type: none">● Push off hard with feet.● Keep head steady and watch the ball.● Move feet to get to the ball, rather than stretching, and bend knees.	<ul style="list-style-type: none">● react● shoulder height● catch
From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce with...	<ul style="list-style-type: none">● quick reaction.● quick, controlled movement.● contol when slowing down after catch.	<ul style="list-style-type: none">● Start quickly and accelerate by pushing off hard with feet.● Take up ready position with knees bent and feet apart (front to back).● Bend knees to help you slow down.	<ul style="list-style-type: none">● bounce● quickly● ready position● dropped● accelerate
Expected - end of Key Stage 1			
From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg with...	<ul style="list-style-type: none">● quick reaction.● quick, controlled movement.● contol when slowing down after catch.	<ul style="list-style-type: none">● Start quickly and accelerate by pushing off hard with feet and looking forwards.● Take up a ready position with knees bent and feet apart (front to back).● Bend the knee on 'catching leg' and take weight back to enable you to stop quickly. (core muscles) tight and back straight.	<ul style="list-style-type: none">● weight● catching leg● feet apart
Expected - end of lower Key Stage 2			
From 1, 2 and 3 metres: 1. React and step across body, bring hand across body and catch tennis ball after 1 bounce with...	<ul style="list-style-type: none">● quick reaction and good acceleration.● quick, controlled movement.● balance and contol after catch.	<ul style="list-style-type: none">● In the ready position, start quickly and accelerate by pushing off hard with feet.● React and move early to give you time to get balanced.● Extend front leg across body and bend knees to enable you to stop quickly and get into balanced position.	<ul style="list-style-type: none">● pushing off hard● extend● react
Expected - end of upper Key Stage 2			
From 1, 2 and 3 metres: 1. React to call from partner when they drop a ball, turn and catch it after 1 bounce with... 2. Perform above challenge but react to sound of the bounce rather than call with...	<ul style="list-style-type: none">● quick reaction and good acceleration.● quick, controlled movement.● balance and contol after catch.	<ul style="list-style-type: none">● Reverse pivot, bend knees and push off to turn and move quickly.● Move feet quickly to get into the catching position.● Extend front leg across body and bend knees to enable you to stop quickly and get into balanced position when catching.	<ul style="list-style-type: none">● sound● reverse pivot● challenge
From 1, 2 and 3 metres: 1. React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg with... 2. Perform above challenge but react to sound of bounce rather than call. with... 3. Perform above challenges, but also step across body and bring hand across body to catch ball with one hand with...	<ul style="list-style-type: none">● quick reaction and good acceleration.● quick, controlled movement.● balance and contol after each catch.	<ul style="list-style-type: none">● Reverse pivot, bend knees and push off to turn and move quickly.● Bend knees to help you stop quickly and get into balanced position when catching.● Extend front leg across body and bend knees to enable you to stop quickly and get into balanced position when catching.	<ul style="list-style-type: none">● front leg across● enable● contralateral



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