



P ROGRESSION OF KEY SKILLS

Volleyball

Early Years (progressions through first PE unit/Enjoy-a-ball)

EY

- Experiment with moving around in a space using a variety of ways
- Moving around in crab shape- this simulates the ready position
- Hand eye co-ordination when passing a ball/balloon to a partner
- Pushing the balloon up with two hands from below hip height (keeping it off the floor)
- Game- Playing in pairs a game of keeping the balloon up in the air

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Year 1 (progressions through Tennis or Net/wall games)

- Throwing and catching to self/ partner, moving body into position to catch the ball
- Grizzly Bear - ready position stance - in isolation
- Throwing and catching a ball with two hands
- Throwing underarm using two hands
- Throw underarm to a partner using various size balls
- Throwing and catching a ball in small sided games e.g catch tennis

2

Year 2 (progressions through Tennis or Net/wall games)

- Throw and catch at different heights on own and with a partner, moving into position to receive the ball
- Grizzly Bear - ready position when catching a ball
- Throwing and catching the ball to a partner at various heights with two hands
- Throwing underarm at a target using two hands
- Throw underarm to a space in an adapted game e.g Tidy your room
- Moving into position to receive, then return the the ball in an adapted game e.g. catch tennis, bounce ball

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Year 3

- Footwork- Move body into position to catch a ball in an adapted game
- Ready Position - use in reaction games and catching
- Throw /Self feed and Volley the ball in a rainbow shape
- Catch a ball at knee height (mirrors positioning for the dig shot)
- Play a modified game starting the game with an underarm throw
- Adapted games, with variations of rules and begin to apply some basic principles

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Year 4

- Footwork- Move with balance and control to catch a ball in an adapted game
- Ready Position - use in isolation e.g. reaction games and moving to return the ball
- Throw /Self feed and Volley the ball in a rainbow shape toward a target
- Move and catch the ball at knee height (mirrors moving into position for the dig shot)
- Serve - underarm with some control
- Play adapted games of volleyball, children encouraged to think of tactics

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Year 5

- Footwork- Move into position quickly for next play e.g attack or defend
- Ready Position get into the ready position and use it in a game situation
- Volley/Set - the ball up in a rainbow shape towards a team mate with some control
- Dig - the ball with some control
- Serve - underarm with some control towards a target
- Play an adapted game of volleyball beginning to use key skills in their game e.g. serves, set and dig

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Year 6

- Footwork- React quickly & move in various directions- get into position for the next play e.g attack or defend
- Ready Position - use in combination- get into the ready position and use it confidently when playing a game
- Volley/Set - the ball up in a rainbow shape towards a team mate both with accuracy and control
- Dig - the ball with control into a space for a teammate
- Serve - underarm at various distances
- Play an adapted game of volleyball using a variety of skills into their game e.g. serves, set and dig

