

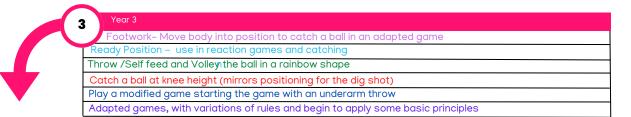
ROGRESSION OF KEY SKILLS

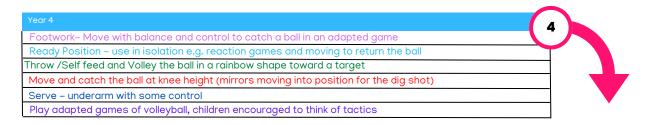
Volleyball

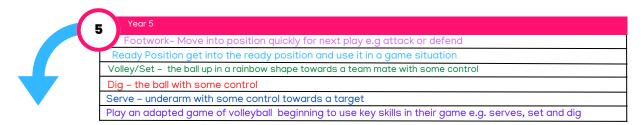
Early Years (progressions through first PE unit/Enjoy-a-ball)	EY
Experiment with moving around in a space using a variety of ways	
Moving around in crab shape- this simulates the ready position	
land eye co-ordination when passing a ball/balloon to a partner	
Pushing the balloon up with two hands from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

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

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







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	

