



Skills

Net and Wall Games Progression Ladder

(net and wall, tennis, volleyball and badminton) 45



Get Set 4
Education

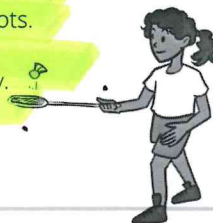
Knowledge

Shots: demonstrate increased success and technique in a variety of shots.

Serving: serve accurately and consistently.

Rallying: successfully apply a variety of shots to keep a continuous rally.

Footwork: demonstrate a variety of footwork patterns relevant to the game I am playing.



Shots: develop the range of shots used in a variety of games.

Serving: develop the range of serving techniques appropriate to the game.

Rallying: use a variety of shots to keep a continuous rally.

Footwork: demonstrate effective footwork patterns to move around the court.

Shots: demonstrate technique when using shots playing co-operatively and beginning to execute this competitively.

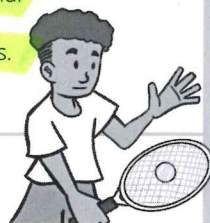
Rallying: develop rallying using both forehand and backhand with increased technique.

Footwork: begin to use appropriate footwork patterns to move around the court.

Shots: explore returning a ball using shots such as the forehand and backhand.

Rallying: explore rallying using a forehand.

Footwork: consistently use and return to the ready position in between shots.



Hitting: develop hitting a dropped ball over a net.

Feeding: accurately underarm throw over a net to a partner.

Rallying: explore underarm rallying with a partner catching after one bounce.

Footwork: consistently use the ready position to move towards a ball.

Hitting: explore hitting a dropped ball with a racket.

Feeding: throw a ball over a net to land into the court area.

Rallying: explore sending a ball with hands and a racket.

Footwork: use the ready position to move towards a ball.



Hitting: explore hitting a ball with hands and pushing with a racket.

Feeding and rallying: explore sending and tracking a ball with a partner.

Footwork: explore changing direction, running and stopping.

Ball Skills Unit 1 & 2

Games Unit 1 & 2

Year
6

Shots: understand the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net if I have just moved my opponent to the back of the court.

Serving: begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.

Rallying: understand how to play different shots depending on if a rally is co-operative or competitive.

Footwork: know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.

Tactics: understand when to apply some tactics for attacking and/or defending.

Rules: understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.

Year
5

Shots: know which skill to choose for the situation e.g. a volley if the ball is close to the net.

Serving: know that serving is how to start a game or rally and use the rules applied to the activity for serving.

Rallying: know that playing the appropriate shot will help to keep the rally going. Know that control is more important than power to keep a rally going.

Footwork: know that using small, quick steps will allow me to adjust my stance to play a shot.

Tactics: understand the need for tactics and identify when to use them in different situations.

Rules: understand and apply rules in a variety of net and wall games whilst playing and officiating.

Year
4

Shots: understand when to play a forehand and a backhand and why.

Rallying: know that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot.

Footwork: know that getting my feet in the right position will help me to balance before playing a shot.

Tactics: know that applying attacking tactics will help me to score points and create space. Know that applying defending tactics will help me to deny space, return a ball and limit points.

Rules: know and understand the rules to be able to manage our own game.

Year
3

Shots: know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately.

Rallying: know that hitting towards my partner will help them to return the ball easier and keep the rally going.

Footwork: know that moving to the middle of my court will enable me to cover the most space.

Tactics: know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.

Rules: know the rules of the game and begin to apply them.

Year
2

Hitting: know to watch the ball as it comes towards me to help me to prepare to hit it.

Feeding: know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.

Rallying: know that sending the ball towards my partner will help me to keep a rally going.

Footwork: know that using a ready position helps me to react quickly and return/catch a ball.

Tactics: understand that applying simple tactics makes it difficult for my opponent.

Rules: know how to score points and follow simple rules.

Year
1

Hitting: know to use the centre of the racket for control.

Feeding: know to use an underarm throw to feed to a partner.

Rallying: know that throwing/hitting to my partner with not too much power will help them to return the ball.

Footwork: know that using a ready position will help me to move in any direction.

Tactics: know that tactics can help us to be successful when playing games.

Rules: know that rules help us to play fairly.

EYFS

Hitting: know to point my hand/object at my target when hitting a ball.

Feeding and rallying: know to look at the target when sending a ball and watch the ball to receive it.

Footwork: know to use big steps to run and small steps to stop.

Tactics: make simple decisions in response to a task.

Rules: know that rules help us to stay safe.

