

Skills progression – Net wall / swimming

Multi skills and Net wall games + Swimming						
EYFS	Year 1	Year 2	Year 3 and 4 swimming	3 and Year 4 net walls	Year 5	Year 6
<ul style="list-style-type: none"> <li>- To use ball skills in game-based activities.</li> <li>- To catch equipment with both hands.</li> <li>- To explore a variety of different throws.</li> <li>- To travel in different directions with control and fluency.</li> <li>-To use agility, balance and coordination.</li> </ul>	<ul style="list-style-type: none"> <li>- To explore and understand the concept of bases.</li> <li>- To combine a number of coordination drills, using upper and lower body movements.</li> <li>-To aim a variety of balls and equipment accurately.</li> <li>- To time running to stop or intercept the path of a ball.</li> <li>- To travel in different ways, showing clear transitions between movements.</li> <li>- To travel in different directions with control and fluency.</li> <li>- To use agility, balance and coordination.</li> </ul>	<ul style="list-style-type: none"> <li>-To explore and understand the concept of bases.</li> <li>- To combine a number of coordination drills, using upper and lower body movements.</li> <li>-To aim a variety of balls and equipment accurately.</li> <li>-To time running to stop or intercept the path of a ball.</li> <li>-To travel in different ways, showing clear transitions between movements</li> <li>- To travel in different directions with control and fluency.</li> <li>- To use agility, balance and coordination.</li> <li>- To understand rules of team sports.</li> </ul>	<ul style="list-style-type: none"> <li>-To develop basic pool safety skills and confidence in water.</li> <li>-To develop travel in vertical or horizontal position and introduce floats.</li> <li>To develop push and glides, any kick action on front and back with or without support aids.</li> <li>-To develop entry and exit, travel further, float and submerge.</li> <li>-To develop balance, link activities and travel further on whole stroke.</li> <li>-To show breath control. - Introduction to deeper water.</li> <li>Treading water.</li> </ul>	<ul style="list-style-type: none"> <li>To become familiar with balls and short tennis rackets.</li> <li>- To get the ball into play.</li> <li>- To accurately serve underarm.</li> <li>- To build up a rally.</li> <li>- To build a rally, focusing on accuracy of strokes.</li> <li>- To play a variety of shots in a game situation and to explore when different shots should be played.</li> <li>- To play a competitive tennis game</li> </ul>	<ul style="list-style-type: none"> <li>- To identify and apply techniques for hitting a tennis ball.</li> <li>- To develop the techniques for ground strokes and volleys.</li> <li>- To develop a backhand technique and use it in a game.</li> <li>- To practise techniques for all strokes.</li> <li>- To use the scoring system and court for singles tennis/Table tennis.</li> <li>- To play a tennis game using an overhead serve and the correct selections of shots.</li> </ul>	<ul style="list-style-type: none"> <li>-To demonstrate and use the correct grip of the racket and understand how to get into the ready position.</li> <li>- To use good hand/eye coordination to be able to contact the ball with the face of the racket.</li> <li>- Understand how to serve the ball in order to start the game.</li> <li>- To develop children's ability to perform and understand the 'overhead clear' shot and the impact that playing the overhead clear can have on winning points during game play.</li> <li>- To understand that the drop shot is</li> </ul>

						<p>an attacking shot, and why.</p> <ul style="list-style-type: none"><li>- To know where the drop should be aimed for, for it to be most productive, and why.</li><li>- To understand how to use different shots to outwit an opponent in a game.</li><li>- To develop knowledge, understanding and principles within a doubles game, including tactics and strategies used.</li></ul>
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