

EYFS – Agility (ball chasing, reaction and response) Skills

EYFS Objectives	Sticky Knowledge	Vocabulary
<p>Early Learning Goal: Gross Motor Skills Children at the expected level of development will:</p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<ul style="list-style-type: none"> Keep your head steady and watch the ball. Move your feet to get to the ball (rather than stretching). Take up a ready position with your knees bent and your feet apart (front to back). 	<p>Roll, ball, chase, collect, balance, facing, opposite, direction, react, catch, large, drop, shoulder, bounce, shoulder height.</p> <p>I can statements:</p> <p><u>Ball Chasing</u></p> <ul style="list-style-type: none"> Roll a ball, chase and collect it in balanced position facing opposite direction. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction. <p><u>Reaction and Response</u></p> <p>From 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> React and catch large ball dropped from shoulder height after 2 bounces. React and catch large ball dropped from shoulder height after 1 bounce.
Prior Learning	Key Question(s):	Future Learning
<p>In EYFS Children should have experience of:</p> <ul style="list-style-type: none"> Negotiating space and obstacles safely, with consideration for themselves and others in an age-appropriate manner. Demonstrate strength, balance and coordination when playing. Move energetically, such as run, jump, dance, hop, skip and climb. 	<ul style="list-style-type: none"> When working with a ball, what do you watch? What part of your body keeps steady when reacting and responding to a ball? To help you catch a ball, you should move which parts of your body? What is the ready position? How should your knees be in the ready position? How should your feet be in the ready position? 	<p>In Year 1 & 2 pupils will:</p> <p><u>Ball Chasing</u></p> <ul style="list-style-type: none"> Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction. <p><u>Reaction and Response</u></p> <p>From 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> React and catch tennis ball dropped from shoulder height after 1 bounce.

Teaching Ideas

Year 1 & 2 - Agility (ball chasing, reaction and response) Skills

National Curriculum Objectives	Sticky Knowledge	Vocabulary
<ul style="list-style-type: none"> To develop fundamental movement skills Become increasingly competent and confident with their physical abilities. Access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Be taught to the master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Perform dances using simple movement patterns 	<ul style="list-style-type: none"> Keep your head steady and watch the ball. Move your feet to get to the ball (rather than stretching). Take up a ready position with your knees bent and your feet apart (front to back). Start quickly and accelerate by pushing off hard with your feet. 	<p>Roll, ball, chase, collect, balance, facing, opposite, direction, react, catch, large, drop, shoulder, bounce, shoulder height, seated position, lying position, throw, chase, balanced position, feed, fed by, opposite direction, react, tennis ball.</p> <p>I can statements:</p> <p><u>Ball Chasing</u></p> <ul style="list-style-type: none"> Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction. <p><u>Reaction and Response</u></p> <p>From 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> React and catch tennis ball dropped from shoulder height after 1 bounce.
Prior Learning	Key Question(s):	Future Learning
<p><u>Ball Chasing</u></p> <ul style="list-style-type: none"> Roll a ball, chase and collect it in balanced position facing opposite direction. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction. <p><u>Reaction and Response</u></p> <p>From 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> React and catch large ball dropped from shoulder height after 2 bounces. React and catch large ball dropped from shoulder height after 1 bounce. 	<ul style="list-style-type: none"> When working with a ball, what do you watch? What part of your body keeps steady when reacting and responding to a ball? To help you catch a ball, you should move which parts of your body? What is the ready position? How should your knees be in the ready position? How should your feet be in the ready position? How should you start to best react and respond? <p>What parts of your lower body should you push off hard from when reacting and responding?</p>	<p>In Year 3 & 4 pupils will:</p> <p><u>Ball Chasing</u></p> <ul style="list-style-type: none"> Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Complete above challenges with tennis ball <p><u>Reaction and Response</u></p> <p>From 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

Teaching Ideas

Year 3 & 4 – Agility (ball chasing, reaction and response) Skills

National Curriculum Objectives	Sticky Knowledge	Vocabulary
<ul style="list-style-type: none"> • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. • Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. • Take part in outdoor and adventurous activity challenges both individually and within a team. 	<ul style="list-style-type: none"> • Keep your head steady and watch the ball. • Move your feet to get to the ball (rather than stretching). • Take up a ready position with your knees bent and your feet apart (front to back). • Start quickly and accelerate by pushing off hard with your feet. • Bend your knees on landing to help you slow down. • Bend the knee on your ‘catching leg’ and take your weight back to enable you to stop quickly (one leg). 	<p>Roll, ball, chase, collect, balance, facing, opposite, direction, react, catch, large, drop, shoulder, bounce, shoulder height, seated position, lying position, throw, chase, balanced position, feed, fed by, opposite direction, react, tennis ball, through legs, challenges.</p> <p>I can statements:</p> <p><u>Ball Chasing</u></p> <ul style="list-style-type: none"> • Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. • Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction. • Complete above challenges with tennis ball <p><u>Reaction and Response</u></p> <p>From 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> • React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.
<p align="center">Prior Learning</p>	<p align="center">Key Question(s):</p>	<p align="center">Future Learning</p>

<p><u>Ball Chasing</u></p> <ul style="list-style-type: none"> • Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. • Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction. <p><u>Reaction and Response</u> From 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> • React and catch tennis ball dropped from shoulder height after 1 bounce. 	<ul style="list-style-type: none"> • When working with a ball, what do you watch? • What part of your body keeps steady when reacting and responding to a ball? • To help you catch a ball, you should move which parts of your body? • What is the ready position? • How should your knees be in the ready position? • How should your feet be in the ready position? • How should you start to best react and respond? • What parts of your lower body should you push off hard from when reacting and responding? • How will bending your knees help you when landing? • What should you do with your knees, when landing, to help you slow down? • Describe your body movement and shift of weight in your legs that will help you stop quickly when landing one legged? 	<p>In Year 5 & 6 pupils will:</p> <p><u>Ball Chasing</u></p> <ul style="list-style-type: none"> • Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. • Perform above challenge with tennis ball. • Roll and chase large ball, stopping it with head in front support position facing opposite direction. <p><u>Reaction and Response</u> From 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> • React and step across body, bring hand across body and catch tennis ball after 1 bounce
<p>Teaching Ideas</p>		

Year 5 & 6 – Agility (ball chasing, reaction and response) Skills

National Curriculum Objectives	Sticky Knowledge	Vocabulary
<ul style="list-style-type: none"> • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. • Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. • Take part in outdoor and adventurous activity challenges both individually and within a team. 	<ul style="list-style-type: none"> • Keep your head steady and watch the ball. • Move your feet to get to the ball (rather than stretching). • Take up a ready position with your knees bent and your feet apart (front to back). • Start quickly and accelerate by pushing off hard with your feet. • Bend your knees on landing to help you slow down. • Bend the knee on your ‘catching leg’ and take your weight back to enable you to stop quickly (one leg). • Extend your front leg across your body and bend your knees to enable you to stop quickly and get into a balanced position. 	<p>Roll, ball, chase, collect, balance, facing, opposite, direction, react, catch, large, drop, shoulder, bounce, shoulder height, seated position, lying position, throw, chase, balanced position, feed, fed by, opposite direction, react, tennis ball, through legs, challenges, knee sideways, long barrier, front support position, across body.</p> <p>I can statements:</p> <p><u>Ball Chasing</u></p> <ul style="list-style-type: none"> • Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. • Perform above challenge with tennis ball. • Roll and chase large ball, stopping it with head in front support position facing opposite direction. <p><u>Reaction and Response</u></p> <p>From 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> • React and step across body, bring hand across body and catch tennis ball after 1 bounce
Prior Learning	Key Question(s):	Future Learning

<p><u>Ball Chasing</u></p> <ul style="list-style-type: none"> Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Complete above challenges with tennis ball <p><u>Reaction and Response</u> From 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg. 	<ul style="list-style-type: none"> When working with a ball, what do you watch? What part of your body keeps steady when reacting and responding to a ball? To help you catch a ball, you should move which parts of your body? What is the ready position? How should your knees be in the ready position? How should your feet be in the ready position? How should you start to best react and respond? What parts of your lower body should you push off hard from when reacting and responding? How will bending your knees help you when landing? What should you do with your knees, when landing, to help you slow down? Describe your body movement and shift of weight in your legs that will help you stop quickly when landing one legged? Describe the placement of your front leg which will enable you to stop quickly. How should your knees be to enable you to stop quickly and get into a balanced position? 	<p><u>Ball Chasing</u></p> <ul style="list-style-type: none"> Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce. Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce. Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce. 2. Perform above challenge but catch ball on instep of foot and lower it to the ground <p><u>Reaction and Response</u> From 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> React to call from partner when they drop a ball, turn and catch it after 1 bounce. Perform above challenge but react to sound of the bounce rather than call. <p>Then ... From 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg. Perform above challenge but react to sound of bounce rather than call. Perform above challenges, but also step across body and bring hand across body to catch ball with one hand.
<p>Teaching Ideas</p>		

EYFS

Early Learning Goal: Gross Motor Skills

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

National Curriculum

KS1

- To develop fundamental movement skills
- Become increasingly competent and confident with their physical abilities.
- Access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- Be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Be taught to the master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

KS2

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics).

- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.