

EYFS – Co-ordination (Sending & Receiving, ball skills and footwork) 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. 	<p>Sending and Receiving</p> <ul style="list-style-type: none"> Keep your eyes focused on the ball. Adopt a good balanced 'ready position' (weight on balls of feet, wide base). Try to have 'soft hands' when catching. 	<p>Roll, ball, collect, rebound, throw, sit, floor, around, body, hand, down, legs, foot, hand, upper body, side-step, direction, gallop, leading, hop, skip.</p> <p>I can statements:</p> <p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> Roll large ball and collect the rebound. Roll small ball and collect the rebound. Throw large ball and catch the rebound with 2 hands. <p><u>Ball skills</u></p> <ul style="list-style-type: none"> Sit and roll a ball along the floor around body using 2 hands. Sit and roll a ball along the floor around body using 1 hand (right and left). Sit and roll a ball down legs and around upper body using 2 hands. Stand and roll a ball up and down legs and round upper body part using two hands. <p><u>Footwork</u></p> <ul style="list-style-type: none"> Side-step in both directions. Gallop, leading with either foot. Hop on either foot. Skip
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"> Where should your eyes be focused when sending a ball? Where should your eyes be focused on receiving a ball? What does the 'ready position' mean? Where should your weight be when you are in the 'ready position'? What type of base should you adopt in the 'ready position'? What type of hand should you have when catching? 	<p>In Years 1 & 2 pupils will:</p> <p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> Throw a tennis ball, catch rebound with same hand after 1 bounce. Throw a tennis ball, catch rebound with same hand without a bounce. Throw a tennis ball, catch rebound with other hand after 1 bounce. Throw a tennis ball, catch rebound with other hand without a bounce. Strike large, soft ball along ground with your hand 5 times in a rally. <p><u>Ball skills</u></p> <ul style="list-style-type: none"> Sit and roll a ball up and down legs and round upper body using 1 hand.

		<ul style="list-style-type: none">• Stand and roll a ball up and down legs and round upper body using 1 hand. <p><u>Footwork</u></p> <ul style="list-style-type: none">• Combine side-steps with 180° front pivots off either foot.• Combine side-steps with 180° reverse pivots off either foot.• Skip with knee and opposite elbow at 90° angle.• Hopscotch forwards and backwards, hopping on the same leg (right and left).
Teaching Ideas		

Year 1 & 2 - Co-ordination (Sending & Receiving, ball skills and footwork) 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 	<p>Sending and Receiving</p> <ul style="list-style-type: none"> • Keep your eyes focused on the ball. • Adopt a good balanced 'ready position' (weight on balls of feet, wide base). • Try to have 'soft hands' when catching. • Use backswing and follow through when striking/kicking. <p>Footwork</p> <ul style="list-style-type: none"> • Work off the balls of your feet. 	<p>Roll, ball, collect, rebound, throw, sit, floor, around, body, hand, down, legs, foot, hand, upper body, side-step, direction, gallop, leading, hop, skip, bounce, tennis ball, soft ball, ground, strike, large, rally, combine, 180 degrees, pivot, reverse pivots, forwards, backwards, opposite, knee, elbow.</p> <p>I can statements:</p> <p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> • Throw a tennis ball, catch rebound with same hand after 1 bounce. • Throw a tennis ball, catch rebound with same hand without a bounce. • Throw a tennis ball, catch rebound with other hand after 1 bounce. • Throw a tennis ball, catch rebound with other hand without a bounce. • Strike large, soft ball along ground with your hand 5 times in a rally. <p><u>Ball skills</u></p> <ul style="list-style-type: none"> • Sit and roll a ball up and down legs and round upper body using 1 hand. • Stand and roll a ball up and down legs and round upper body using 1 hand. <p><u>Footwork</u></p> <ul style="list-style-type: none"> • Combine side-steps with 180° front pivots off either foot. • Combine side-steps with 180° reverse pivots off either foot. • Skip with knee and opposite elbow at 90° angle. • Hopscotch forwards and backwards, hopping on the same leg (right and left).
Prior Learning	Key Question(s):	Future Learning

<p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> ● Roll large ball and collect the rebound. ● Roll small ball and collect the rebound. ● Throw large ball and catch the rebound with 2 hands. <p><u>Ball skills</u></p> <ul style="list-style-type: none"> ● Sit and roll a ball along the floor around body using 2 hands. ● Sit and roll a ball along the floor around body using 1 hand (right and left). ● Sit and roll a ball down legs and around upper body using 2 hands. ● Stand and roll a ball up and down legs and round upper body part using two hands. <p><u>Footwork</u></p> <ul style="list-style-type: none"> ● Side-step in both directions. ● Gallop, leading with either foot. ● Hop on either foot. ● Skip 	<ul style="list-style-type: none"> ● Where should your eyes be focused when sending a ball? ● Where should your eyes be focused on receiving a ball? ● What will help you to receive and send a ball accurately? ● What does the 'ready position' mean? ● Where should your weight be when you are in the 'ready position'? ● What type of base should you adopt in the 'ready position'? ● What type of hand should you have when catching? ● What action will help you when striking and kicking? ● What does a backswing mean? ● What does follow through mean? ● Where should your weight be when moving your feet? 	<p>In Year 3 & 4 pupils will:</p> <p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> ● Strike a ball with alternate hands in a rally. ● Kick a ball with the same foot. ● Kick a ball with alternate feet. ● Roll 2 balls alternately using both hands, sending 1 as the other is returning. <p><u>Ball skills</u></p> <p>In 20 seconds or less:</p> <ul style="list-style-type: none"> ● Stand with legs apart and move a ball around 1 leg 16 times (right and left leg). ● Move a ball round waist 17 times. ● Stand with legs apart and move a ball around alternate legs 16 times. <p><u>Footwork</u></p> <ul style="list-style-type: none"> ● Hopscotch forwards and backwards, alternating hopping leg each time. ● Move in a 3-step zigzag pattern forwards. ● Move in a 3-step zigzag pattern backwards.
<p>Teaching Ideas</p>		

Year 3 & 4 – Co-ordination (Sending & Receiving, ball skills and footwork) 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. 	<p>Sending and Receiving</p> <ul style="list-style-type: none"> • Keep your eyes focused on the ball. • Adopt a good balanced 'ready position' (weight on balls of feet, wide base). • Try to have 'soft hands' when catching. • Use backswing and follow through when striking/kicking. • Move your feet to get in line with the ball when receiving. <p>Footwork</p> <ul style="list-style-type: none"> • Work off the balls of your feet. • Bend your knees and use your arms to help you balance. • Keep your feet close to the ground as you move. 	<p>Roll, ball, collect, rebound, throw, sit, floor, around, body, hand, down, legs, foot, hand, upper body, side-step, direction, gallop, leading, hop, skip, bounce, tennis ball, soft ball, ground, strike, large, rally, combine, 180 degrees, pivot, reverse pivots, forwards, backwards, opposite, knee, elbow.</p> <hr/> <p>I can statements:</p> <p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> • Strike a ball with alternate hands in a rally. • Kick a ball with the same foot. • Kick a ball with alternate feet. • Roll 2 balls alternately using both hands, sending 1 as the other is returning. <p><u>Ball skills</u></p> <p>In 20 seconds or less:</p> <ul style="list-style-type: none"> • Stand with legs apart and move a ball around 1 leg 16 times (right and left leg). • Move a ball round waist 17 times. • Stand with legs apart and move a ball around alternate legs 16 times. <p><u>Footwork</u></p> <ul style="list-style-type: none"> • Hopscotch forwards and backwards, alternating hopping leg each time. • Move in a 3-step zigzag pattern forwards. • Move in a 3-step zigzag pattern backwards.

<ul style="list-style-type: none"> Take part in outdoor and adventurous activity challenges both individually and within a team. 		
Prior Learning	Key Question(s):	Future Learning
<p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> Throw a tennis ball, catch rebound with same hand after 1 bounce. Throw a tennis ball, catch rebound with same hand without a bounce. Throw a tennis ball, catch rebound with other hand after 1 bounce. Throw a tennis ball, catch rebound with other hand without a bounce. Strike large, soft ball along ground with your hand 5 times in a rally. <p><u>Ball skills</u></p> <ul style="list-style-type: none"> Sit and roll a ball up and down legs and round upper body using 1 hand. Stand and roll a ball up and down legs and round upper body using 1 hand. <p><u>Footwork</u></p> <ul style="list-style-type: none"> Combine side-steps with 180° front pivots off either foot. Combine side-steps with 180° reverse pivots off either foot. Skip with knee and opposite elbow at 90° angle. Hopscotch forwards and backwards, hopping on the same leg (right and left). 	<ul style="list-style-type: none"> Where should your eyes be focused when sending a ball? Where should your eyes be focused on receiving a ball? What will help you to receive and send a ball accurately? What does the 'ready position' mean? Where should your weight be when you are in the 'ready position'? What type of base should you adopt in the 'ready position'? What type of hand should you have when catching? What action will help you when striking and kicking? What does a backswing mean? What does follow through mean? When receiving a ball what should your feet be in line with? Where should your weight be when moving your feet? Which parts of your body will help you balance when moving your feet? Where should your feet be in relation to the ground with moving? 	<p>Year 5 & 6 pupils will:</p> <p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> Alternately throw and catch 2 tennis balls against a wall. Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). Throw 2 tennis balls against a wall in a circuit, in both directions. <p><u>Ball skills</u></p> <p>In 20 seconds or less:</p> <ul style="list-style-type: none"> Stand with legs apart and move ball in figure of 8 around both legs 12 times. Move ball around waist into figure of 8 around both legs 10 times. Move ball around waist and then around alternate legs 12 times. Stand with legs apart and perform 24 criss-crosses, with and then without a bounce. <p><u>Footwork</u></p> <ul style="list-style-type: none"> Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.
Teaching Ideas		

Year 5 & 6 – Co-ordination (Sending & Receiving, ball skills and footwork) 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, 	<p>Sending and Receiving</p> <ul style="list-style-type: none"> • Keep your eyes focused on the ball. • Adopt a good balanced 'ready position' (weight on balls of feet, wide base). • Move your feet to get in line with the ball when receiving. • Try to have 'soft hands' when catching. • Use backswing and follow through when striking/kicking. • Vary the pace of the ball to find which is best. <p>Footwork</p> <ul style="list-style-type: none"> • Work off the balls of your feet. • Bend your knees and use your arms to help you balance. • Keep your feet close to the ground as you move. • Keep your head up and back straight throughout. 	<p>Roll, ball, collect, rebound, throw, sit, floor, around, body, hand, down, legs, foot, hand, upper body, side-step, direction, gallop, leading, hop, skip, bounce, tennis ball, soft ball, ground, strike, large, rally, combine, 180 degrees, pivot, reverse pivots, forwards, backwards, opposite, knee, elbow, alternately, catch, cross-over, wall, circuit, legs apart, figure of 8, waist, perform, criss-crosses, bounce, zig-zag pattern, swerve, change, lead leg, change, direction.</p> <p>I can statements:</p> <p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> • Alternately throw and catch 2 tennis balls against a wall. • Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). • Throw 2 tennis balls against a wall in a circuit, in both directions. <p><u>Ball skills</u></p> <p>In 20 seconds or less:</p> <ul style="list-style-type: none"> • Stand with legs apart and move ball in figure of 8 around both legs 12 times. • Move ball around waist into figure of 8 around both legs 10 times. • Move ball around waist and then around alternate legs 12 times.

<p>netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> <ul style="list-style-type: none"> Take part in outdoor and adventurous activity challenges both individually and within a team. 		<ul style="list-style-type: none"> Stand with legs apart and perform 24 criss-crosses, with and then without a bounce. <p><u>Footwork</u></p> <ul style="list-style-type: none"> Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction
Prior Learning	Key Question(s):	Future Learning
<p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> Strike a ball with alternate hands in a rally. Kick a ball with the same foot. Kick a ball with alternate feet. Roll 2 balls alternately using both hands, sending 1 as the other is returning. <p><u>Ball skills</u></p> <p>In 20 seconds or less:</p> <ul style="list-style-type: none"> Stand with legs apart and move a ball around 1 leg 16 times (right and left leg). Move a ball round waist 17 times. Stand with legs apart and move a ball around alternate legs 16 times. <p><u>Footwork</u></p> <ul style="list-style-type: none"> Hopscotch forwards and backwards, alternating hopping leg each time. Move in a 3-step zigzag pattern forwards. Move in a 3-step zigzag pattern backwards. 	<ul style="list-style-type: none"> Where should your eyes be focused when sending a ball? Where should your eyes be focused on receiving a ball? What will help you to receive and send a ball accurately? What does the 'ready position' mean? Where should your weight be when you are in the 'ready position'? What type of base should you adopt in the 'ready position'? What type of hand should you have when catching? What action will help you when striking and kicking? What does a backswing mean? What does follow through mean? When receiving a ball what should your feet be in line with? Where should your weight be when moving your feet? Which parts of your body will help you balance when moving your feet? Where should your feet be in relation to the ground with moving? What position should your head be in when moving your feet in sport? Describe the position of back should be in when moving your feet quickly when hopping, skipping, side stepping etc. 	<p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes. With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds. Working with a partner, simultaneously volley tennis ball with a racket and pass ball along the ground continuously. <p><u>Ball skills</u></p> <p>In 20 seconds or less:</p> <ul style="list-style-type: none"> Stand with legs apart and complete 20 front to back catches with a bounce in between. Perform above 30 times without ball bouncing in between. Complete above tasks with head up throughout. Complete 11 overhead throw and catches <p>Then in 20 seconds or less:</p> <ul style="list-style-type: none"> Complete 12 long circle (forwards and then backwards). Complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions) <p><u>Footwork</u></p> <ul style="list-style-type: none"> Move in 3-step zigzag pattern while alternating knee raise and foot behind. Move backwards in-3 step zigzag pattern with cross-over (swerve). Move backwards in 3-step zigzag pattern with knee raise across body <p>Then ...</p> <ul style="list-style-type: none"> Move backwards in 3-step zigzag pattern with foot behind. Move backwards in 3-step zigzag pattern with alternating knee lift and foot behind

Teaching Ideas

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.