

Birkwood Primary School
Skills Progression

Multi Skills and Net Games (Swimming)						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> • To use ball skills in game-based activities. • To catch equipment with both hands. • To explore a variety of different throws. • To travel in different directions with control and fluency. • To use agility, balance and coordination. 	<ul style="list-style-type: none"> • To explore and understand the concept of bases. • To combine a number of co-ordination drills, using upper and lower body movements. • To aim a variety of balls and equipment accurately. • To time running to stop or intercept the path of a ball. • To travel in different ways, showing clear transitions between movements. • To travel in different directions with control and fluency. • To use agility, balance and coordination. 	<ul style="list-style-type: none"> • To explore and understand the concept of bases. • To combine a number of co-ordination drills, using upper and lower body movements. • To aim a variety of balls and equipment accurately. • To time running to stop or intercept the path of a ball. • To travel in different ways, showing clear transitions between movements. • To travel in different directions with control and fluency. • To use agility, balance and coordination. • To understand rules of team sports. 	<ul style="list-style-type: none"> •To become familiar with balls and short tennis rackets. • To get the ball into play. • To build up a rally. • To play a competitive tennis game •To develop basic pool safety skills and confidence in water. •To develop travel in vertical or horizontal position and introduce floats. •To develop push and glides, any kick action on front and back with or without support aids. •To develop entry and exit, travel further, float and submerge. •To develop balance, link activities and travel further on whole stroke. •To show breath control. •Introduction to deeper water. Treading water. 	<ul style="list-style-type: none"> •To become familiar with balls and short tennis rackets. • To get the ball into play. • To accurately serve underarm. • To build up a rally. • To build a rally, focusing on accuracy of strokes. • To play a variety of shots in a game situation and to explore when different shots should be played. • To play a competitive tennis game 	<ul style="list-style-type: none"> • To identify and apply techniques for hitting a tennis ball. • To develop the techniques for ground strokes and volleys. • To develop a backhand technique and use it in a game. • To practice techniques for all strokes. • To use the scoring system and court for singles tennis/Table tennis. • To play a tennis game using an overhead serve and the correct selections of shots. 	<ul style="list-style-type: none"> • To demonstrate and use the correct grip of the racket and understand how to get into the ready position. • To use good hand/eye co-ordination to be able to contact the ball with the face of the racket. • Understand how to serve the ball in order to start the game. • 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. • To understand that the drop shot is an attacking shot, and why. • To know where the drop should be aimed for, for it to be most productive, and why. • To understand how to use different shots to outwit an opponent in a game. • To develop knowledge, understanding and principles within a doubles game, including tactics and strategies used.