



## Skills

# Net and Wall Games Progression Ladder

(net and wall, tennis, volleyball and badminton)



## 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.

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**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.

