



Vranich House

PROGRESSION OF BALL SKILLS

SKILL	IN LONG SITTING	IN HIGH KNEELING AND HALF KNEELING	IN STANDING	IN STANDING LEADING TO MOVING	MOVING	GAMES	OTHER SUGGESTIONS
Rolling a ball	With 2 hands to a partner	With 1 hand to a partner	With 1 hand to partner. With 1 hand to target on wall or skittle	Gradually make target or skittle smaller and use a smaller ball		Leading to a game of skittles.	Start easy, demonstrate, use and learn action words such as "roll, up, over".
Bouncing a ball	With 2 hands to a partner (gradually increase distance)	With 2 hands to a partner (gradually increase distance)	With 2 hands to a partner (gradually increase distance)	Bounce ball on marked target on floor. Increase repetitions using 1 hand (alternate hands).	Bounce-clap-catch with 2 hands then 1 hand. Bounce ball while moving around skittles.	Leading to basketball.	Encourage child to be steady before starting then "watch, copy, say, do".
Throwing and catching a ball	With 2 hands to a partner (gradually increase distance)	With 2 hands to a partner (gradually increase distance)	With 2 hands to a partner (gradually increase distance). Throw with 1 hand, catch with 2 hands. Throw with 1 hand, catch with 1 hand.	Aim to target on wall or netball ring. Throw underhand/overhand. Make target smaller and increase distance.	Throw and catch to partner whilst moving.	Leading to basketball and netball.	Look at the ball for catching and the target for throwing.
Kicking a ball			Standing still with ball - kick to partner. Standing still with ball rolling - kick to partner. Standing with ball bouncing - kick to partner.	From standing kick with toes, instep and outside of foot to partner. Aim at target, goal, mark on wall etc. Gradually make target smaller.	Kicking a ball with partner whilst moving. First stop ball then pass.	Leading to football.	Making it more challenging: smaller ball, increasing pace, moving whilst handling, racquet skills.