



# Agility: Reaction and Response

Progression of skills, knowledge  
and vocabulary



**PROGRESSION OF SKILL**

**PROGRESSION OF KNOWLEDGE**

**PROGRESSION OF VOCABULARY**

**Declarative**

**Procedural**

**Key Vocabulary**

Skill progression

**From 1, 2 and 3 metres:**

1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg with...

- quick reaction.
- quick, controlled movement.
- control when slowing down after catch.

- Push off hard with feet.
- Keep head steady and watch the ball.
- Move feet to get to the ball, rather than stretching, and bend knees.

- react
- shoulder height
- catch

**From 1, 2 and 3 metres:**

1. React and catch tennis ball dropped from shoulder height after 1 bounce with...

- quick reaction.
- quick, controlled movement.
- control when slowing down after catch.

- Start quickly and accelerate by pushing off hard with feet.
- Take up ready position with knees bent and feet apart (front to back).
- Bend knees to help you slow down.

- bounce
- quickly
- ready position
- dropped
- accelerate

**Expected - end of Key Stage 1**

**From 1, 2 and 3 metres:**

1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg with...

- quick reaction.
- quick, controlled movement.
- control when slowing down after catch.

- Start quickly and accelerate by pushing off hard with feet and looking forwards.
- Take up a ready position with knees bent and feet apart (front to back).
- Bend the knee on 'catching leg' and take weight back to enable you to stop quickly. (core muscles) tight and back straight.

- weight
- catching leg
- feet apart

**Expected - end of lower Key Stage 2**

**From 1, 2 and 3 metres:**

1. React and step across body, bring hand across body and catch tennis ball after 1 bounce with...

- quick reaction and good acceleration.
- quick, controlled movement.
- balance and control after catch.

- In the ready position, start quickly and accelerate by pushing off hard with feet.
- React and move early to give you time to get balanced.
- Extend front leg across body and bend knees to enable you to stop quickly and get into balanced position.

- pushing off hard
- extend
- react

**Expected - end of upper Key Stage 2**

**From 1, 2 and 3 metres:**

1. React to call from partner when they drop a ball, turn and catch it after 1 bounce with...  
2. Perform above challenge but react to sound of the bounce rather than call with...

- quick reaction and good acceleration.
- quick, controlled movement.
- balance and control after catch.

- Reverse pivot, bend knees and push off to turn and move quickly.
- Move feet quickly to get into the catching position.
- Extend front leg across body and bend knees to enable you to stop quickly and get into balanced position when catching.

- sound
- reverse pivot
- challenge

Skill progression

**From 1, 2 and 3 metres:**

1. React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg with...  
2. Perform above challenge but react to sound of bounce rather than call with...  
3. Perform above challenges, but also step across body and bring hand across body to catch ball with one hand with...

- quick reaction and good acceleration.
- quick, controlled movement.
- balance and control after each catch.

- Reverse pivot, bend knees and push off to turn and move quickly.
- Bend knees to help you stop quickly and get into balanced position when catching.
- Extend front leg across body and bend knees to enable you to stop quickly and get into balanced position when catching.

- front leg across
- enable
- contralateral



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