

	Developing	Secure	Excellent
Catching (2.1)	I can sometimes catch the ball, but more often than not, I drop it.	I can catch the ball on a few occasions when not under pressure.	I can often catch the ball and I can sometimes catch it whilst under a little pressure.
Passing (2.1)	I can pass the ball with some accuracy, though my body position is normally wrong.	I can pass the ball with some accuracy in a non-competitive situation.	I can pass the ball with accuracy using more than one type of pass.
Rules (2.2)	I know the basic rules.	I know the basic rules (as for level 3).	I know the rules, but find it difficult to apply these as a referee.
Playing positions (2.2)	I have some idea of the different playing positions. I can play only one or two of the playing positions.	I have some idea of the different playing positions. I can play only one or two of the playing positions (as for level 3).	I have a good understanding of playing in one position.
Physical capacity (2.3)	I am developing the physical capacity (ie speed, stamina, strength and flexibility) to cope with the demands of the activity.	I have limited physical capacity (ie speed, stamina, strength and flexibility) to cope with the demands of the activity.	One area of my physical capacity (ie speed, stamina, strength and flexibility) is developed to cope with the demands of the activity.
Mental capacity (2.3)	I have the confidence to have a go, but I avoid challenging situations.	I have the confidence to have a go and I can face challenging situations with help.	I am determined to succeed. I can deal with a few challenging situations, but I find it difficult to deal with my emotions.
Strengths and weaknesses (2.4)	I need help in correcting faults.	I can sometimes correct faults.	I can recognise that something is wrong, but I do not always know what it is. I can identify others' strengths and weaknesses.
Warming up and cooling down (2.5)	I can follow instructions for a warm-up and cool-down safely.	I can follow instructions for a warm-up and cool-down safely, and could probably do this myself.	I can design and lead a warm-up and cool-down session for a small group of people, suitable for basketball.
Healthy lifestyle (2.5)	I know that exercise is important for a healthy lifestyle, but have difficulty understanding why.	I understand the importance of exercise for a healthy lifestyle.	I can explain why exercise is important to my health and fitness.