

| | Developing | Secure | Excellent |
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| Passing (2.1) | I can pass the ball with some accuracy, but more often than not, my position is 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. |
| Controlling (2.1) | I can sometimes control the ball, but more often than not, it runs away from me. | I can control the ball on a few occasions when not under pressure. | I can control the ball while under some pressure. |
| 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 them 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 football. |
| 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. |