

	Developing	Secure	Excellent
Passing (2.1)	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.	I can pass the ball accurately using a variety of passes. I have some success with my weaker foot.
Controlling (2.1)	I can control the ball on a few occasions when not under pressure.	I can control the ball while under some pressure.	I can control the ball with more than two parts of the body while under some pressure.
Rules (2.2)	I know the basic rules (as for level 3).	I know the rules but find it difficult to apply them as a referee.	I can apply the rules in a game situation.
Playing positions (2.2)	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.	I know the role of, and can play in, more than one position.
Physical capacity (2.3)	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.	More than 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 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.	I am determined to succeed, I keep going in most challenging situations, and I can deal with my emotions most of the time.
Strengths and weaknesses (2.4)	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.	I know when I or others have done something wrong and I can usually put it right.
Warming up and cooling down (2.5)	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.	I am able to lead a safe warm-up and cool-down, stretching the correct areas of the body for football.
Healthy lifestyle (2.5)	I understand the importance of exercise for a healthy lifestyle.	I can explain why exercise is important to my health and fitness.	I understand how football can benefit a person's health and fitness.