

## Reepham High School and College PE Can Do Football Ladder

	<b>AO1</b> Recall, select and communicate knowledge and understanding of football.	<b>AO2</b> Apply skills, knowledge and understanding in football.	<b>AO3</b> Analyse and evaluate performances and identify actions for improvement in football.
	<b>Isolated skills outfield:</b> <ul style="list-style-type: none"> <li>• <b>passing</b> (inside, outside, lofted drilled).</li> <li>• <b>receiving the ball</b> (from right, left, behind and on the move).</li> <li>• <b>running with the ball</b> (dribbling, feints, close control, use both feet, at speed).</li> <li>• <b>tackling</b> (slide, lunge, block).</li> <li>• <b>dodging</b> (getting away from opponent to receive ball in space).</li> <li>• <b>shooting</b> (one on one, outside of box, volley, header).</li> <li>• <b>defending</b> (challenging, shadowing, man to man, zonal).</li> </ul>	<b>Techniques and decision making under pressure during practices and competitive situations:</b> <ul style="list-style-type: none"> <li>• <b>Interception</b> (pass, shot).</li> <li>• <b>Restarts</b> (attack, defence, corners, free kicks).</li> <li>• <b>Contribution to open play</b> (keeping possession, regaining possession, support in attack and defence).</li> <li>• <b>Contribution to set plays/moves</b> (free kicks, corners, throw ins attack and defence).</li> <li>• <b>Demonstrating communication and influence on team performance.</b></li> <li>• <b>Applying team strategy in open play and set play.</b></li> <li>• <b>Ability to adapt to the environment and changing circumstances</b> (e.g. weather, loss of a player).</li> </ul>	
9  8	<b>Extensive</b> knowledge and understanding of football. <b>Comprehensive</b> understanding of the principles of safe exercise and its impact on health and performance.	Application of an <b>extensive</b> range of skills and techniques with great refinement, precision, control and fluency. Demonstration of a <b>vast</b> range of solutions to challenges and an <b>excellent</b> ability to make decisions.	<b>Excellent</b> ability to critically analyse and evaluate your own and others' performances. <b>Excellent</b> ability to identify priorities for improvement and plan progressive practices. <span style="float: right;">10</span>
7+  7-	<b>Detailed</b> knowledge and understanding of football. <b>Thorough</b> understanding of the principles of safe exercise and its impact on health and performance.	Application of a <b>wide</b> range of skills and techniques with refinement, precision, control and fluency. Demonstration of a <b>wide</b> range of solutions to challenges and an ability to make successful decisions.	<b>Detailed</b> ability to critically analyse and evaluate your own and others' performances. <b>Detailed</b> ability to identify priorities for improvement and plan fairly progressive practices. <span style="float: right;">9</span>
6  5	<b>Good</b> knowledge and understanding of football. <b>Good</b> understanding of the principles of safe exercise and its impact on health and performance.	Application of a <b>good variety</b> of skills and techniques with refinement, precision, control and fluency. Demonstration of a <b>good variety</b> of solutions to challenges and a good ability to make decisions.	<b>Good</b> ability to critically analyse and evaluate your own and others' performances. <b>Good</b> ability to identify priorities for improvement and plan practices. <span style="float: right;">8</span>
4+  4-	<b>Sound</b> knowledge and understanding of football. <b>Sound</b> understanding of the principles of safe exercise and its impact on health and performance.	Application of a <b>sound range</b> of skills and techniques with precision, control and fluency. Demonstration of a <b>sound range</b> of solutions to challenges and an ability to make sound decisions.	<b>Sound</b> ability to analyse and evaluate your own and others' performances. <b>Sound</b> ability to identify priorities for improvement and plan practices. <span style="float: right;">7</span>
3+  3-	<b>Some</b> knowledge and understanding of football. <b>Some</b> understanding of the principles of safe exercise and its impact on health and performance.	Application of <b>some</b> skills and techniques with some control. Demonstration of <b>some</b> solutions to challenges and an ability to make a few decisions	<b>Some</b> ability to analyse and evaluate your own and others' performances. <b>Some</b> ability to identify priorities for improvement and plan practices.

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		but these are not always successful.	6
2+  2-	Can remember and communicate <b>some</b> knowledge and understanding of football and of the principles of safe exercise and its impact on health and performance.	Application of a <b>small range</b> of skills. Demonstration of a <b>small range</b> of solutions to challenges and an ability to make decisions but these are not always successful.	Can provide a <b>good</b> assessment of your own and others' performances. Can identify <b>some</b> strengths and weaknesses and offer practices to help improve.  5
1+  1	Can communicate <b>only</b> the important things about football and of the principles of safe exercise and its impact on health and performance.	Application of a <b>very small</b> range of skills. Demonstration of a <b>very small</b> range of solutions to challenges and an ability to make decisions but these are mainly unsuccessful.	Can provide a <b>basic</b> assessment of your own and others' performances. Can identify <b>some</b> strengths and weaknesses and offer practices to help improve.  4
1  1-	Can communicate <b>only</b> the very basic things about football and of the principles of safe exercise.	Demonstrate a <b>very small</b> amount of control and skills.	Can make <b>limited</b> comments about your own and others' performances. Can sometimes suggest some ways to improve performance.  3
H+ H H-	<ul style="list-style-type: none"> <li>• I can warm-up fairly effectively for a PE lesson.</li> <li>• I understand how to very perform basic skills in football.</li> <li>• I can spot if a basic skill is performed incorrectly and suggest one way to improve.</li> <li>• I understand basic tactics and I'm beginning to apply them.</li> </ul>		
I+ I I-	<ul style="list-style-type: none"> <li>• I can travel in a variety of ways often alternating speed and direction with a football stick in my hand.</li> <li>• I can use more than one sentence to describe the performance I have just seen.</li> <li>• I know how to stretch different parts of my body.</li> <li>• I understand very basic tactics but don't always apply them.</li> </ul>		
J+ J J-	<ul style="list-style-type: none"> <li>• I can travel in a variety of ways often altering speed with a football stick in my hand.</li> <li>• I use simple sentences to explain why I like or dislike a performance.</li> <li>• I can recognise one or two immediate signs of exercise.</li> </ul>		
K+ K K-	<ul style="list-style-type: none"> <li>• I use simple sentences to explain why I liked a performance.</li> <li>• I can recognise one immediate sign of exercise.</li> </ul>		
L+ L L-	<ul style="list-style-type: none"> <li>• I enjoy watching other people perform but I find it very difficult to explain why I have enjoyed it.</li> <li>• I am beginning to link simple skills together although this often goes wrong.</li> <li>• I can slowly get changed into my PE kit.</li> </ul>		
M+ M M-	<ul style="list-style-type: none"> <li>• I have limited hand-eye/foot-eye co-ordination and basic skills take me many attempts to perform and I often need support.</li> <li>• With support I can get changed into my PE kit.</li> </ul>		