

## National Curriculum Levels - Football

Points	Skills	In a game	Warm ups	Watching Others
1	I can pass the ball short distances with my strong foot. I can dribble the ball with some control.	I can sometimes pass to a moving player and usually pass to a player standing still over short distances	I can copy/follow a football warm up	I can watch others and sometimes say whether I am better than them or not.
2	I can pass the ball with my strong foot and stop the ball when it comes to me. I can dribble with the ball close to me and stop. I understand what defending involves.	I can pass the ball to a stationary and moving player when not under pressure. I can control the ball when it is passed to me.	I can follow a warm up and give one reason as to why we warm up	I can watch others and say whether I am better than them or not.
<b>Y7 3</b>	I can stop the ball and pass it back to a player in one move. I can dribble with the ball and change direction; shoot and tackle.	I can change direction to avoid an opponent. I can choose who to pass to and do it consistently.	I know why we need to warm up for football and can follow a warm up	I can start to consider why another pupil is better than me or not.
<b>Y8 4</b>	I can pass the ball consistently on the move to a player. I can change direction with the ball, while moving, and pass the ball to another player. Defensively, I can perform man to man defense	I can change direction of the ball to avoid a player and pass the ball to another player in a better position, while under pressure from another player	I can do a full warm up on my own for football	I can say why another pupil is better than me or not and attempt to improve
<b>Y9 5</b>	I can control the ball with different parts of my body. I can pass the ball with either foot over different distances. I can dribble with the ball at speed. I can use disguise to dribble around an opponent. Defensively, I can perform man to man defense; holding position.	I can choose and do the right pass in a game. I can run with the ball and dribble around an opponent when needed. I can shoot consistently at the right time. I can play in a position in the team.	I can lead a small group in a warm up and say what we do and why we are doing it	I can say why someone is better than me and understand what I need to do to improve and attempt it.
6	I can consistently pass, control, dribble and shoot the ball, showing good technique. Defensively, I can perform man to man defense; holding position.	I can apply all the skills I have learned in a game situation. I can play in several different positions and understand the roles of others	I can lead a group in a warm up that is suitable for football and say why we are doing it	I can listen to what others tell me about my volleyball and use it to improve myself
7	I can do all the advanced skills needed in football consistently and precisely; both in attack and defense.	I can apply all my skills to a game and change my tactics according to the opposition. I can play effectively in many positions	I can lead a warm up that is suitable to the football session that the class is doing	I can use feedback to improve myself and help others to improve also

Year 7	
1	2-7
2	8-10
3	11-12
4	13-15
5	16-19
6	20-23
7	24+
Year 8	
1	8-10
2	11-12
3	13-15
4	16-18
5	19-21
6	22-24
7	25+
Year 9	
1	9-11
2	12-13
3	14-16
4	17-19
5	20-21
6	22-25
7	26+