

Athletics (Jump) Level Ladder



10

- **Jump –Horizontal Run up** very fast and aggressive on the board, with very good sprinting action. **Take off** speed transferred into excellent lift at take-off. **Flight- Long Jump** achieves good height with correct technique and little forward rotation. **Flight-Triple Jump** three phases very well spaced with good use of the arms, thigh lift and drive off the ground. Very good rhythm. **Landing** good leg shoot and sink to complete the jump.
- **Jump- Vertical. Run up** shows correct shape with excellent rhythm and aggression at take-off. **Take off** leading leg drives vigorously, assisted by leading arm. Correct position in relation to the bar. **Flight** excellent shape in flight, legs raised high to complete the jump. **Landing** lands well on the correct part of the body and facing back towards the bar.

9

- **Jump –Horizontal Run up** very fast and aggressive on the board, with good sprinting action. **Take off** speed transferred into good lift at take-off. **Flight- Long Jump** achieves good height with correct technique. **Flight-Triple Jump** three phases well spaced with good use of the arms, thigh lift and drive off the ground. **Landing** good leg shoot.
- **Jump- Vertical. Run up** shows correct shape with good rhythm and aggression at take-off. **Take off** leading leg drives vigorously, assisted by leading arm. **Flight** good shape in flight, legs raised to complete the jump. **Landing** lands well on the correct part of the body.

8

- **Jump –Horizontal Run up** able to set out a good run up and adjust accordingly. Has a faster, more powerful approach with good sprinting action. **Take off** much more capable of transferring the speed into attack and lift. **Flight- Long Jump** flight shows much more technique. **Flight-Triple Jump** phasing should now be much better with step contributing more to the complete jump. **Landing** leg shoot beginning to appear.
- **Jump- Vertical. Run up** accurate and shows good rhythm. **Take off** shows good attack, and from the correct position in relation to the bar. **Flight** leading arm rises high over the bar and flight is controlled. **Landing** lands on correct part of the body, correct position on the bed.

7

- **Jump –Horizontal Run up** able to set out a good run up and adjust accordingly. Has a faster approach with good sprinting action. **Take off** more capable of transferring the speed into lift. **Flight- Long Jump** flight shows much more technique. **Flight-Triple Jump** phasing should now be much better with step contributing more to the complete jump. **Landing** leg shoot beginning to appear.
- **Jump- Vertical. Run up** accurate and shows some rhythm. **Take off** shows good attack. **Flight** leading arm rises high over the bar. **Landing** lands on correct part of the body.

6

- **Jump –Horizontal Run up** much more idea of how to set out run up. Has some speed in the approach with a good sprinting action. **Take off** shows much more attack but may still lack the lift due to a lack of technique. **Flight- Long Jump** some idea of technique, probably the Hang, may start to appear. **Flight-Triple Jump** may still lack rhythm and distribution in phasing. **Landing** attempts to get legs forward of the body assisted by more speed.
- **Jump- Vertical. Run up** shows correct shape. **Take off** shows some attack. The leading leg shows some drive upwards, assisted by the leading arm. **Flight** lay out position shows more arch. **Landing** may land on the correct part of the body.

Athletics (Jump) Level Ladder



5

- **Jump –Horizontal Run up** much more idea of how to set out run up. Has some speed in the approach. **Take off** shows more attack but may still lack the lift due to a lack of technique. **Flight- Long Jump** some idea of technique starting to appear. **Flight-Triple Jump** may still lack rhythm and distribution in phasing. May run out of speed in the jump. **Landing** attempts to get legs forward of the body.
- **Jump- Vertical. Run up** shows correct shape. **Take off** shows some attack. The leading leg shows some drive upwards. **Flight** lay out position shows some arch. **Landing** may land on the correct part of the body but facing the direction of run up rather than the bar.

4

- **Jump –Horizontal Run up** has some idea of how to set out a run up, which may be faster but still lack sprinting speed. **Take off** May show some attack and some lift. **Flight- Long Jump** some simple form of technique may start to emerge. **Flight-Triple Jump** the three phases may not be well spaced, probably lacking in the step phase. **Landing** still lacking leg shoot.
- **Jump- Vertical. Run up** shows some attack on approach and a basic idea of how to setting out the run up. **Take off** lacks speed. **Flight** shows some technique but may still be rather crouched. **Landing** may still not land on the correct part of the body.

3

- **Jump –Horizontal Run up** has some idea of how to set out a run up. **Take off** May show some attack but no real conviction. **Flight- Long Jump** some simple form of technique may start to emerge. **Flight-Triple Jump** the three phases may not be well spaced, probably lacking in the step phase. Lacks rhythm. **Landing** still lacking leg shoot.
- **Jump- Vertical. Run up** shows some attack on approach. **Take off** lacks speed and attack. **Flight** shows some technique. **Landing** may still not land on the correct part of the body and jump still resembles a scissors jump.

2

- **Jump –Horizontal Run up** has little idea of how to set out the run up. **Take off** Lacks lift. **Flight- Long Jump** limited idea of hang or other chosen technique in flight. **Flight-Triple Jump** limited rhythm, no step and runs out of speed in the jump. **Landing** limited leg shoot, legs may well be underneath on landing.
- **Jump- Vertical. Run up** lacks speed. **Take off** lacks lift. **Flight** poor technique over the bar, may drop hips in fosbury, may look like scissors. **Landing** lands on wrong part of the body.

1

- **Jump –Horizontal Run up** has little idea of how to set out the run up, which is also slow. **Take off** Lacks attack and lift. **Flight- Long Jump** no idea of hang or other chosen technique in flight, lacks height. **Flight-Triple Jump** no rhythm, no step and runs out of speed in the jump. **Landing** no leg shoot, legs may well be underneath on landing.
- **Jump- Vertical. Run up** lacks speed, conviction and rhythm. **Take off** lacks attack and lift. **Flight** poor technique over the bar, may drop hips in fosbury. **Landing** lands on wrong part of the body and facing the wrong direction.

Athletics (Run) Level Ladder



10

- **Run Starts** Drive from the correct leg, keeping low. **Sprints posture** good knee lift appropriate to the event. Powerful leg drive apparent, good technique on the bend as appropriate. **800-1500m** shows good technique over full distance. Could be paced by 2 or 3 runners in relay to give opportunity to show pace judgement, tactics and ability to compete.

9

- **Run Starts** Drive from the correct leg. **Sprints posture** good knee lift appropriate to the event. Powerful leg drive apparent. **800-1500m** shows good technique over full distance

8

- **Run Starts** sprint start shows good pick up. **Sprints posture** good and maintained for the entire race. **800-1500m** shows good pace judgement with economical style throughout. Begins to show tactics suitable to ability.

7

- **Run Starts** sprint start shows quite good pick up. **Sprints posture** good and maintained for all of the race. **800-1500m** shows good pace judgement with economical style throughout.

6

- **Run Starts** has a good idea of how to set out the start position and set position. **Sprints posture** stable head action, more loose in shoulders. Arms drive in line. Leg drive more apparent. **800-1500m** Able to judge pace more accurately, economical style is apparent.

Athletics (Run) Level Ladder



5	<ul style="list-style-type: none">• Run Starts has a good idea of how to set out the start position. Sprints posture stable head action, more loose in shoulders. Arms drive in line. 800-1500m Able to judge pace more accurately, economical style is apparent, but becomes less so towards the end of race.
4	<ul style="list-style-type: none">• Run Starts some idea of how to set out start position, but head may be too high or hips high in set. Sprint posture head may lack stability with tight shoulders. 800-1500m shows some pace judgement but little tactical awareness. A more economical style.
3	<ul style="list-style-type: none">• Run Starts some idea of how to set out start position. Sprint posture head may lack stability with tight shoulders, lacking drive from arms and legs. 800-1500m shows some pace judgement but little tactical awareness.
2	<ul style="list-style-type: none">• Run Starts May come upright too soon. Sprint posture poor head carriage and tight in the shoulders. 800-1500m shows limited pace judgement or tactical awareness.
1	<ul style="list-style-type: none">• Run Starts has little or no idea of how to set out start position. May come upright too soon. Sprint posture poor head carriage and tight in the shoulders. 800-1500m shows limited pace judgement or tactical awareness. Uneconomical style which gets worse over time.

Athletics (Throw) Level Ladder



10

- **Throw Grip** uses correct grip appropriate to event. **Preparation** good position, balanced, relaxed and controlled. **Movement** has good rhythm and timing eg slow build up, fast finish, correct feet movement and placement. **Release** reaches front of the circle in correct delivery position. Throwing arm left behind until the last moment, hip driving into powerful release, made at correct angle. **General** shows high awareness of safety and good knowledge of the rules of the competition. Good timing of each phase, smooth rhythm and transition.

9

- **Throw Grip** uses correct grip appropriate to event. **Preparation** good position, balanced and relaxed. **Movement** has good rhythm and timing. **Release** reaches front of the circle in correct delivery position. Throwing arm left behind until the last moment, made at correct angle. **General** shows high awareness of safety and good knowledge of the rules of the competition.

8

- **Throw Grip** uses correct grip appropriate to event. **Preparation** good position and balanced. **Movement** shows some speed and aggression in the run up, turn or glide/step back. **Release** shows much more drive at release which will make better angle. **General** has a high awareness of safety and very good knowledge of the rules of competition. Good timing and rhythm of the event starting to appear.

7

- **Throw Grip** uses correct grip appropriate to event. **Preparation** good position. **Movement** shows some speed in the run up, turn or glide/step back. **Release** shows much more drive at release. **General** has a high awareness of safety and very good knowledge of the rules of competition.

6

- **Throw Grip** uses correct grip appropriate to event. **Preparation** gets a better position, eg bend of the leg in shot. **Movement** travel and trunk position good. **Release** arrives in the wrong position eg be standing up in the shot. **General** shows a high awareness of safety and good knowledge of the rules of competition. Timing beginning to be evident.

Athletics (Throw) Level Ladder



5	<ul style="list-style-type: none">• Throw Grip uses correct grip appropriate to event. Preparation gets a better position. Movement travel and trunk position good, but may lack speed. Release arrives in the wrong position eg be standing up in the shot. May lack drive from the leg. General shows a high awareness of safety and good knowledge of the rules of competition.
4	<ul style="list-style-type: none">• Throw Grip has some idea of the grip in chosen throws. Has reasonably effective standing throw. Preparation may not get into the correct position eg T position in shot, straight leg or position of shot in neck. Movement may have problems with the turn in discus. Release may finish incorrectly. General Shows a high awareness of safety rules and knows the basic rules of competition.
3	<ul style="list-style-type: none">• Throw Grip has some idea of the grip in chosen throws. Preparation may not get into the correct position. Movement may have problems with the turn. Release may finish incorrectly eg limited balance. General Shows an awareness of safety rules and knows the basic rules of competition
2	<ul style="list-style-type: none">• Throw Grip has little idea of correct grip. Uses standing throw. Preparation May over prepare eg Discus swings. Movement little preparation. Release wrong or poor angle and point of release. General Technique may be hampered by body position. Has clear idea of safety and some simple rules of competition.
1	<ul style="list-style-type: none">• Throw Grip has little idea of correct grip. Preparation No preparation. Movement poor preparation. Release wrong or poor angle and point of release- poor timing. General Technique may be hampered by body position.



10

- **Grip:** Good grip for all forehand and backhand shots.
- **Hitting Action:** Excellent action forehand and backhand for all shots played.
- **High Clear (rally):** Can play an excellent baseline rally with good style and movement. Some may be backhand with distance.
- **Drop Shot:** Excellent disguise and movement of the shuttle. Able to show both fast and slow drop shots to beat the net player.
- **Smash:** Excellent smash and able to follow up. Can defend effectively.
- **Serve:** Can show a variety of serves – some with disguise, showing good technique including backhand and flick.
- **General Stroke Play:** Displays excellent level of performance while demonstrating full range of strokes, all played with correct technique, power and direction. Moves efficiently about the court taking few steps, lunging onto the racket leg when playing in the front court. Can play all serves including backhand flick serve.
- **Game Situation:** Exerts significant control over the game. Shows outstanding levels of skill and tactical awareness making very few unforced errors. Plays strokes with variation, depth, disguise and placement. Reacts quickly to changing situations selecting appropriate strokes according to the opponent's stroke/position. In doubles they interact well with their partner ensuring full court coverage. Has an excellent understanding of the laws of the game.

9

- **Grip:** Good grip for all forehand shots, and more effective for backhand shots.
- **Hitting Action:** Forehand shots demonstrate a good action, with Backhand shots showing improved technique and success.
- **High Clear (rally):** Can play an effective baseline rally incorporating some backhand returns.
- **Drop Shot:** good technique and disguise, starting to vary the pace of the drop shot to beat the net player.
- **Smash:** Good power and direction of smash, both back and forehand. More regularly able to defend one.
- **Serve:** Can vary serve showing good technique including both low/flick from backhand.
- **General Stroke Play:** Can demonstrate a good standard of technique including grip for all strokes. Can move efficiently and dynamically into position to play a range of shots. No obvious weakness within shot range.
- **Game Situation:** Can play effectively in a game, exerting an obvious influence over it. Even under the pressure of the game, can select appropriate strokes and tactics to play according to their opponent's position and perceived weaknesses.
Anticipates an opponent's shots effectively, moving efficiently about the court to returning shots with disguise. Can effectively vary angle and depth of shots making very few unforced errors. Interacts well with their partner in doubles. Can effectively score for all forms of the game.



8

- **Grip:** Good grip for all forehand shots, starting to adjust grip for some backhand shots.
- **Hitting Action:** Good forehand hitting action, with a Backhand clear showing improved technique and success.
- **High Clear (rally):** Can play within a full court forehand rally demonstrating good follow through, with occasional use of backhand returns.
- **Drop Shot:** good technique – regularly low over net introducing disguise. Good when close to the net.
- **Smash:** Regularly downward with power. Starting to attempt to defend one. Developing a Backhand smash.
- **Serve:** Can vary serve showing good technique including both low/flick from backhand.
- **General Stroke Play:** Can demonstrate a good standard of technique including grip for all basic strokes. Can move effectively into position to play a range of shots, returning to central base-position between shots. Can play a backhand smash with some success. Net shots are played with finesse and disguise with the racket leg forward. Drop shots are played with disguise and are kept low over the net. Can backhand low serve, usually keeping low over the net.
- **Game Situation:** Can play effectively in a game, starting to exert an influence over it. Even under the pressure of the game able to demonstrate a good range of strokes and tactics. Shows an ability to anticipate an opponent's shots, moving well about the court to allow preparation time to return shots with disguise. Can effectively vary angle and depth of shots making very few unforced errors. Is aware of their partner's movements in doubles and covers the court effectively in response. Uses a combination of front and back and side by side formations moving anti-clockwise about the court.

7

- **Grip:** Good grip for forehand shots.
- **Hitting Action:** Good forehand hitting action.
- **High Clear (rally):** Full court forehand rally demonstrating a good follow through. Backhand clear attempted with some success.
- **Drop Shot:** good technique – regularly low over net introducing disguise.
- **Smash:** Regularly downward with power. Starting to move in to position to defend.
- **Serve:** Can vary serve with good technique, improving low/flick backhand technique.
- **General Stroke Play:** Demonstrate a good standard of technique and grip for all basic strokes in a rally. Can move effectively into position to play a range of shots, returning to central base-position between shots. Attempting a wider range of backhand service and shots, with the backhand drive regularly reaching the back of the court. Drop shots are played with disguise.
- **Game Situation:** Can play effectively in a game. More consistently returning shots with a range of angles and lengths, while starting to play an increased range of shot angles and lengths. Occasionally makes unforced errors under pressure of a game. More regularly able to anticipate opponents shot's and moves efficiently around the court. Understands court markings and can score the game correctly. Shows awareness of front and back and side by side formations in Doubles, with good awareness of their partner's movements regularly attempting to reposition themselves appropriately.



6

- **Grip:** Effective range of shots with pan handle and can alter grip for some shots.
- **Hitting Action:** Can return to partner or space with hitting action correct for some shots.
- **High Clear (rally):** Can play within a full court forehand clear rally demonstrating good follow through.
- **Drop Shot:** usually accurate.
- **Smash:** Smash is powerful and generally has rapid downward flight.
- **Serve:** Can vary serve. High and Low serves are usually accurate, starting to disguise some of the low serves. Occasionally trying to use a flick serve.
- **General Stroke Play:** Can demonstrate most forehand strokes within a rally, showing a good standard of technique, good length and placement, particularly when clearing. Correct grip is demonstrated when performing shots in isolation. Can move into position to play a range of forehand shots, attempting to return to central base-position between shots. Uses a sideways-on position when returning from the back of the court. Under-arm clear attempted, usually to the back of the court. Backhand shots are attempted more regularly, mainly the clear.
- **Game Situation:** Can play effectively in a game, more consistently returning a range of angles and shot lengths and starting to actively play an increased range of angles and shot lengths themselves. Still occasionally makes unforced errors when under pressure of a game. More regularly able to anticipate opponents shot's during a rally and moves efficiently around the court. Understands court markings and can score the game correctly. Shows awareness of front and back and side by side formations in Doubles, shows good awareness of their partner's movements and regularly attempts to reposition themselves appropriately.

5

- **Grip:** Effective range of shots with pan handle. Understands how to alter grip for some shots.
- **Hitting Action:** Can return to partner with hitting action correct for some shots.
- **High Clear (rally):** Can play within a full court rally if the shuttle comes within easy reach.
- **Drop Shot:** usually accurate – occasionally too high over net or too long.
- **Smash:** Smash is attempted demonstrating power and some downward flight.
- **Serve:** Can vary serve. High and Low serves are usually accurate.
- **General Stroke Play:** Can demonstrate most forehand strokes within a rally, showing a satisfactory standard of technique, good length and some placement, particularly when clearing. Can move into position to play a range of forehand shots, but still occasionally gets stranded in a mid-court position. Uses a sideways-on position when returning from the back of the court. Backhand shots are occasionally attempted, mainly the clear.
- **Game Situation:** Can play effectively in a game, starting to play an increased range of angles and shot lengths. Still makes unforced errors. Starting to anticipate opponents shot's during a rally and moves efficiently around the court. Starting to attempt to place shots and vary angles with some success. Understands court markings and can usually score the game correctly. Shows awareness of partner's movements in doubles, sometimes able to reposition themselves appropriately.



4

- **Grip:** Effective range of shots with pan handle.
- **Hitting Action:** Can return to partner with some technique.
- **High Clear (rally):** Can play within a short mid-court rally if the shuttle comes within easy reach of them.
- **Drop Shot:** Lacks accuracy – often high over net or too long.
- **Smash:** Smash is attempted demonstrating some power but is still very flat.
- **Serve:** Can serve over the net regularly. Can attempt high serves that reach 2/3 across the court and Low serves that are still high over the net.
- **General Stroke Play:** Can demonstrate some recognizable forehand shots within a rally, but relies predominantly on the clear. Can move into position to play a clear, but remains mainly in a mid-court position. Starting to develop a sideways-on position when returning from the back of the court.
- **Game Situation:** Can start to recognize the need for an increased range of angles and shot lengths within game play, demonstrating them occasionally. Can recognize court markings and how they apply to the game being played, occasionally repositioning without prompting after a point has been scored. Knows how to win a point in a game. Can independently position themselves ready for a serve, but needs prompting when receiving a serve, particularly in doubles games. Can occasionally win a rally – mainly due to unforced errors.

3

- **Grip:** Pan Handle
- **Hitting Action:** Can return to partner with some stationary technique.
- **High Clear (rally):** Can play within a short mid-court rally if the shuttle comes directly back to them.
- **Drop Shot:** Lacks accuracy – often high over net or too long.
- **Smash:** Smash is attempted demonstrating some power but still needs to develop footwork.
- **Serve:** Can serve over the net regularly. With instruction can attempt high serves that reach 2/3 across the court and Low serves that are still high over the net.
- **General Stroke Play:** Can demonstrate some recognizable forehand shots within a rally, but relies predominantly on the clear. Can move into position to play a clear, but remains mainly in a mid-court position.
- **Game Situation:** Can start to recognize the need for an increased range of angles and shot lengths within game play. Can recognize court markings and how they apply to the game being played. Knows how to win a point in a game. Can occasionally win a rally – mainly due to unforced errors.

2

- **Grip:** Pan Handle
- **Hitting Action:** Can return to partner with no obvious technique.
- **High Clear (rally):** Can play occasionally within a 1-2 shot rally.
- **Drop Shot:** Can play as a single shot from a feed.
- **Smash:** Smash attempted but lacking power and needs to develop footwork.
- **Serve:** Can tap over the net, but attempts at a high serve are often short.
- **General Stroke Play:** Can tap back shuttle over the net using some planned technique if from an accurate feed.
- **Game Situation:** Can sometimes return shots if within reach of one step, often fixed in mid-court.



1

- **Grip:** Pan Handle
- **Hitting Action:** Can tap back over the net.
- **High Clear (rally):** Can play as a single shot from a feed.
- **Drop Shot:** Can play occasionally as a single shot from a feed.
- **Smash:** Can play as a single shot from a feed.
- **Serve:** Can tap over the net.
- **General Stroke Play:** Can tap back shuttle using some planned technique if from an accurate feed.
- **Game Situation:** Can sometimes return shots over the net if within reach from a stationary position, often fixed in mid-court.

Basketball Level Ladder

10

- **Dribbling:** Able to drive forward with both hands. Able to drive with speed and control with strongest hand. Can reverse the ball on to either hand and demonstrates consistently excellent technique.
- **Passing:** Can pass at speed whilst on the move with very good accuracy, a high level of success and excellent technique.
- **Shooting:** Can shoot correctly even from the drive with very good technique and landing position.
- **Lay Up:** Can drive under the basket and reverse layup, can drive at the basket and lay up from both sides with a flowing action and a clear follow through.
- **Game:** Makes very few unforced errors and demonstrates excellent timing to exploit openings. High level of skill in his/ her chosen position and demonstrates understanding of tactics in offence and defence.

9

- **Dribbling:** Able to drive forward with both hands. Able to drive with speed and control with strongest hand. Can reverse the ball on to either hand and has excellent technique.
- **Passing:** Can pass at speed whilst on the move with good accuracy, a high level of success and excellent technique.
- **Shooting:** Can shoot correctly even from the drive with good technique and landing position.
- **Lay Up:** Can drive under the basket and reverse layup, can drive at the basket and lay up from both sides with a flowing action and a clear follow through.
- **Game:** Makes few unforced errors and exploits openings. High level of skill in his/ her chosen position and demonstrates understanding of tactics in offence and defence.

8

- **Dribbling:** Changes speed or direction with either hand. Appropriate use of ball protection.
- **Passing:** Passes effectively with good technique while on the move. Can use a variety of passes with deception and has excellent timing.
- **Shooting:** Very effective standing jump shot with good technique. Very good timing and lands in the correct position.
- **Lay Up:** Strong drive and lay up in drills. Can drive and lay up with excellent consistency and technique with strong hand but may not lay up with weaker hand.
- **Game:** Can influence the game in attack and defence. Understands and plays to the teams tactics. Can exploit openings by assisting and scoring baskets.

7

- **Dribbling:** Changes speed or direction with either hand and uses ball protection.
- **Passing:** Passes effectively with good technique while on the move. Can use a variety of passes with deception and has excellent timing.
- **Shooting:** Very effective standing jump shot with good technique. Very good timing and lands in the correct position.
- **Lay Up:** Strong drive and lay up in drills. Can drive and lay up with excellent consistency and technique with strong hand but may not lay up with weaker hand.
- **Game:** Can influence the game in attack and defence. Understands and plays to the teams tactics. Can exploit openings by assisting and scoring baskets.

6

- **Dribbling:** Uses both hands but one is weaker and they get their head up.
- **Passing:** Effectively uses a range of passes including bounce, chest and overhead pass.
- **Shooting:** Good shooting technique (BEEF) but may lack consistency, especially in games.
- **Lay Up:** Can drive and lay up with consistency and good technique with strong hand.
- **Game:** Understands they have an offensive and defensive role. Has an influence on the game and is becoming more effective in competitive situations.

Basketball Level Ladder

5
4
3
2
1

- **Dribbling:** Uses both hands but one is weaker. They usually get their head up.
- **Passing:** Effectively uses a range of passes including bounce, chest and overhead pass.
- **Shooting:** Good technique (BEEF) when not under pressure but may lack consistency, especially in games.
- **Lay Up:** Can drive and lay up with consistency and good technique with strong hand. In drills consistency is especially high but they lack confidence in games and under pressure.
- **Game:** Understands they have an offensive and defensive role. Has an influence on the game, are confident and are starting to become more effective in games.

- **Dribbling:** Maintains consistent control of the ball using one hand with correct contact (fingers on the ball).
- **Passing:** Usually has good technique when passing, especially in the chest pass.
- **Shooting:** Shot has good technique (BEEF) when not under pressure but may lack consistency, especially in games.
- **Lay Up:** Can drive and lay up with consistency and good technique with strong hand. In drills consistency is especially high but they lack confidence in games and under pressure.
- **Game:** Understands they have an offensive and defensive role. Has an influence on the game and is starting to become more effective and have more confidence in games.

- **Dribbling:** Maintains control of the ball using one hand with correct contact (fingers on the ball).
- **Passing:** Starting to develop good technique when passing, especially in the chest pass.
- **Shooting:** Shot usually has good technique but may lack accuracy, especially in games.
- **Lay Up:** Can drive and lay up with some consistency and good technique with strong hand. In drills consistency is improving but they lack confidence in games and under pressure.
- **Game:** Understands they have offensive/defensive role and has an influence on the game.

- **Dribbling:** Uses one hand and looks at the ball in order to maintain control. Correct contact is apparent when bouncing the ball.
- **Passing:** Passing is inconsistent but technique is beginning to develop, especially the chest pass. Catching is also inconsistent but apparent.
- **Lay up:** Able to lay up in static conditions but not at speed.
- **Shooting:** Shot technique is still developing (for instance the shot may start from the chest). Accuracy is limited as they don't consistently use the backboard.
- **Games:** Starting to develop positional awareness but in practice often forgets their roles in attack and defence.

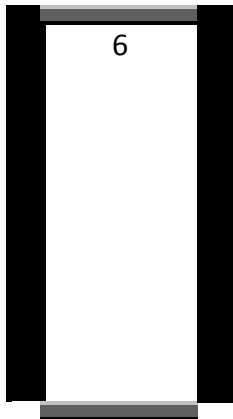
- **Dribbling:** Uses one hand and looks at the ball in order to maintain control.
- **Passing:** Passing is inconsistent but technique is beginning to develop. Catching is also inconsistent.
- **Lay up:** Beginning to be able to lay up in static conditions but not at speed.
- **Shooting:** Shot technique is still developing (for instance the shot may start from the chest). Accuracy is limited as they don't consistently use the backboard.
- **Games:** Fully participates in games but has a limited input in attack and defence.

Basketball Level Ladder

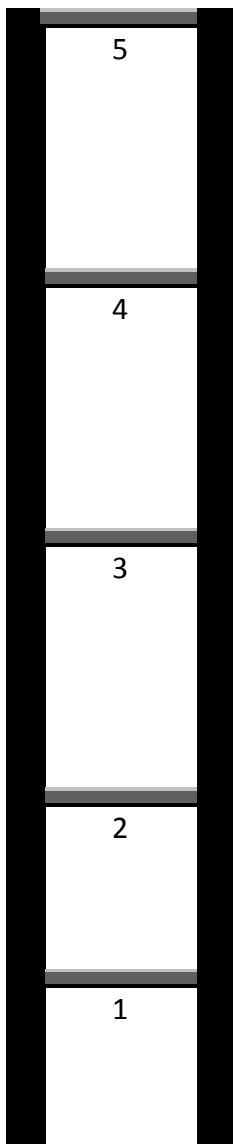
Boccia Level Ladder

10	<ul style="list-style-type: none">• Sending: All balls are sent with consistency, accuracy and power. Can send with both hands, feet or assistance device. Speed, control of length and power is excellent.• Positioning of balls: Is able to consistently place the ball to different areas of the court and vary game strategy effectively with an excellent standard of defending (blocking).• Game: Very Significant influence on the game. Outstanding level of skill in all areas. Wealth of anticipation and tactical awareness. Performs all skills with great flair. Consistently able to outwit their opposition. Demonstrates an excellent understanding of the rules and tactics.
9	<ul style="list-style-type: none">• Sending: All balls are sent with consistency, accuracy and power. Can send with both hands, feet or assistance device. Speed, control of length and power is very good.• Positioning of balls: Is able to consistently place the ball to different areas of the court and vary game strategy effectively with very good standard of defending (blocking).• Game: Significant influence on the game. Outstanding level of skill in all areas. Wealth of anticipation and tactical awareness. Demonstrates a very good understanding of the rules and tactics.
8	<ul style="list-style-type: none">• Sending: Balls are sent with good consistency, accuracy and power. Can send with both hands, feet or assistance device. Speed and power are very good.• Positioning of balls: Is able to consistently place the ball to different areas of the court and vary game strategy effectively with a good standard of defending (blocking).• Game: Exerts considerable influence in all areas. Very few errors. Confident. Anticipates flow of game. Demonstrates a very good understanding of the rules and tactics.
7	<ul style="list-style-type: none">• Sending: Balls are sent with consistency, accuracy and power. Can send with both hands, feet or assistance device. Speed and power are good.• Positioning of balls: Is able to consistently place the ball to different areas of the court(width and depth).• Game: Exerts considerable influence in all areas. Often able to outwit their opponents through different tactics and strategies. Demonstrates a sound understanding of the rules and tactics.

Boccia Level Ladder



- **Sending:** Balls are sent with consistency, accuracy and power. Can send with both hands, feet or assistance device but one side is weaker than the other. Speed and power are average.
- **Positioning of balls:** Is able to consistently place the ball to different areas of the court.
- **Game:** Significant contribution. Often able to outwit their opponents. Demonstrates a sound understanding of the rules and tactics.



- **Sending:** Balls are sent with consistency and accuracy but lack power.
- **Positioning of balls:** Is able to place the ball in different areas of the court.
- **Game:** Has a moderate influence on the game. Tactical awareness and use of strategies enable them to occasionally outwit their opponents. Demonstrates a good understanding of the rules and tactics.

- **Sending:** Balls are sent with consistency with increasing accuracy and power
- **Positioning of balls:** Can use simple positioning with some variation in width and depth.
- **Game:** Has a minor influence on the game with some evidence of using simple strategies to outwit their opponents. Demonstrates some understanding of the rules and tactics.

- **Sending:** Balls are sent with some consistency, accuracy and power
- **Positioning of balls:** Is beginning to be able to place the ball in different areas of the court.
- **Game:** Starting to be more effective with a minor influence on the game as strategies are developing. Demonstrates some understanding of the rules and tactics.

- **Sending:** Improving their power to reach the correct length
- **Positioning of balls:** Can sometimes send the ball to different areas of the court.
- **Game:** Demonstrates some influence on the game and understanding of the rules and tactics is developing.

- **Sending:** Accuracy and power is beginning to develop in some shots
- **Positioning of balls:** Beginning to understand where to position them.
- **Game:** Demonstrates some influence on the game and understanding of the rules and tactics is developing.

Boccia Level Ladder

Cricket Level Ladder



10

- **Batting:** Excellent in execution of all shots. Uses full range of defensive and attacking shots, appropriate to type of bowl. Uses feet to cover drive spin bowling which is placed accurately along the ground.
- **Bowling:** Excellent control of one of the following: pace/ spin/ swing or seam bowling. Able to defeat batsmen with controlled and tactically purposeful deliveries.
- **Fielding:** Demonstrates outstanding fielding ability in a variety of positions. Pick up and throw accurately performed in one action to wicketkeepers. Wicketkeepers stand up to spin bowling and take deliveries clearly to effectively stump batsmen.
- **Game Situation:** Exerts significant control over the game. Shows excellent level of skill, tactical awareness and anticipation making very few unforced errors.

9

- **Batting:** Excellent in execution of all shots. Uses full range of defensive and attacking shots, appropriate to type of bowl. Uses feet to cover drive spin bowling which is placed accurately along the ground.
- **Bowling:** Excellent control of one of the following: pace/ spin/ swing or seam bowling. Able to defeat batsmen with controlled deliveries.
- **Fielding:** Demonstrates outstanding fielding ability in a variety of positions. Pick up and throw accurately performed in one action to wicketkeepers. Wicketkeepers stand up to spin bowling and take deliveries clearly to effectively stump batsmen.
- **Game Situation:** Exerts significant control over the game. Shows excellent level of skill, tactical awareness and anticipation making few unforced errors.

8

- **Batting:** Displays high level of technique in defensive and attacking shots (all shots). Demonstrates the ability to control shots and place ball. Forward and backward defensive shots are dominant.
- **Bowling:** Full effective run-up, consistently demonstrating correct foot placement and follow through when releasing the ball. Effective in either swing or spin bowling with consistent good control of line and length.
- **Fielding:** Able to stop, catch and pick up ball with either hand. Very competent in all aspects of fielding. Throws effectively to wicketkeeper who positions themselves behind the stumps.
- **Game Situation:** Able to exert considerable influence on the game in batting, bowling and fielding. Makes few unforced errors and assists team mates. Shows high level of skill and tactical awareness even under pressure.

7

- **Batting:** Displays high level of technique in defensive and attacking shots, including drives, cuts, pulls and glances. Demonstrates the ability to control shots and place ball. Forward and backward defensive shots are dominant.
- **Bowling:** Full effective run-up, demonstrating correct foot placement and follow through when releasing the ball. Effective in either swing or spin bowling with good control of line and length.
- **Fielding:** Able to stop, catch and pick up ball with either hand. Competent in all aspects of fielding. Throws effectively to wicketkeeper who positions themselves behind the stumps.
- **Game Situation:** Able to exert influence on the game in batting, bowling and fielding. Makes few unforced errors and assists team mates. Shows high level of skill and tactical awareness even under pressure.

Cricket Level Ladder



6

- **Batting:** Uses correct technique in defensive and attacking shots. Able to play appropriate shot to a variety of bowls on both forward and backward defensive shots.
- **Bowling:** Uses correct technique in bowling action, with appropriate control of line and length. Use of seam to demonstrate some spin or swing/ movement of the ball effectively.
- **Fielding:** Able to anticipate and adjust position according to the pace of the ball with good effect. Shows consistent catching ability and accurate return to the wicketkeeper.
- **Game Situation:** Shows ability to influence the game either in batting or bowling. Has good command skills, shows anticipation of opposition and makes adjustments. Able to switch attack to defense.

5

- **Batting:** Uses correct technique in defensive and attacking shots. Able to play appropriate shot to a variety of bowls on both forward and backward defensive shots with some consistency.
- **Bowling:** Uses correct technique in bowling action, with appropriate control of line and length. Use of seam to demonstrate some spin or swing/ movement of the ball.
- **Fielding:** Able to anticipate and adjust position according to the pace of the ball. Shows consistent catching ability and accurate return to the wicketkeeper.
- **Game Situation:** Shows some ability to influence the game either in batting or bowling. Has good command skills, shows some anticipation of opposition and makes adjustments. Able to switch attack to defense.

4

- **Batting:** Plays forward and defensive shots. Attacking skills evident but technique incorrect due to footwork.
- **Bowling:** Coordinated run-up and basic action with reasonable control of line and length. May demonstrate some spin, but usually not well controlled.
- **Fielding:** Can stop the ball and perform a 'long barrier' effectively. Throws accurately over short distances.
- **Game Situation:** Becoming effective in game situations and may exhibit some individual skills, although they may be affected by pressures of game.

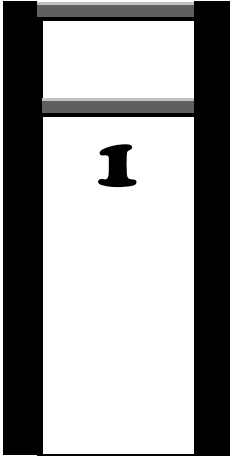
3

- **Batting:** Plays forward and defensive shots with awkward technique. Attacking skills evident but technique incorrect due to footwork.
- **Bowling:** Occasional coordinated run-up and basic action with reasonable control of line and length. May demonstrate some spin, but usually not well controlled.
- **Fielding:** Can stop the ball and perform a 'long barrier'. Throws accurately over short distances.
- **Game Situation:** Becoming more effective in game situations and may exhibit some individual skills, although they may be affected by pressures of game.

2

- **Batting:** Has some idea of basic stance. Performs forward defensive shot does not keep the ball down. Attacking shots aim only leg-side and often in the air.
- **Bowling:** Little control of run-up with some sideways action. Limited control of line & length. Some erratic deliveries.
- **Fielding:** Demonstrates basic stops and simple throws. Ability to take a simple catch is evident.

Cricket Level Ladder



- **Game Situation:** Participates in game with limited effectiveness and has difficulty performing basic skills in game situations.
- **Batting:** Has some idea of basic stance. Performs forward defensive shot but does not keep the ball down due to limited footwork. Attacking shots aim only leg-side and often in the air.
- **Bowling:** Little control of run-up with some sideways action. Limited control of line & length. Numerous erratic deliveries.
- **Fielding:** Demonstrates basic stops and simple throws. Ability to take a simple catch is evident but inconsistent.
- **Game Situation:** Participates in game with limited effectiveness and has great difficulty performing basic skills in game situations.

DANCE LADDER

10

- Appropriate and effective use of the theme is evident.
- Skillfully varies the in tempo, dynamics and accent of the movement showing a deep understanding of the ways of developing movement potential and individual style.
- The motif is complex, making the dance a sensitive and skillful performance.
- Demonstrates unity and coherence.
- A close link is evident between the students own physical ability and the art of successful expression.
- Demonstrates a great sense of expression using fluency and control of the body.
- Using varied tempo, dynamics and accents of movement.
- Is highly confident and well-focused.

9

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- Demonstrates a great sense of expression using fluency and control of the body.
- Using varied tempo, dynamics and accents of movement.
- Is highly confident and well-focused

8

- Effective use of the chosen theme.
- Shows a clear variation in tempo and accent
- Demonstrates a clear understanding of expression through well-structured movement.
- Rhythmic patterns show fluency, continuity and logical progression.
- The motif shows a clear development of the choreographic devices.
- The dance is performed with style and elegance.
- Shows confident spatial awareness.
- Demonstrates clarity of expression through a great understanding and performance of fluidity and control of the body.
- Strong rhythmic awareness.
- Projects with confidence and is focused.

7

- Effective use of the chosen theme.
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- Strong rhythmic awareness.
- Projects with confidence and is focused.

DANCE LADDER

6

- Effective use of the chosen theme.
- The use of tempo and accent of movement has been explored.
- Can demonstrate clarity of expression through actions.
- The movement and rhythmic awareness is fluid.
- The motif has clear development enabling the dance to be performed with some sense of style and elegance.
- There is expression through the dance movement.
- There is some projection and a sound sense of performance.

5

- Effective use of the chosen theme.
- The use of tempo and accent of movement has been explored.
- Can demonstrate clarity of expression through actions.
- The movement and rhythmic awareness is fluid.
- The motif has clear development enabling the dance to be performed with some sense of style and elegance.
- There is expression through the dance movement.
- There is some projection and a sound sense of performance.

4

- Can demonstrate a wide variety of actions using the body in a fluid manner.
- Can link actions and movement phrases.
- Have a clear understanding of the motif and how to develop it using choreographic devices.
- Control of the body is visible and there is some sense of performance.

3

- Can demonstrate a wide variety of actions using the body in a fluid manner.
- Can link actions and movement phrases.
- Have a clear understanding of the motif and how to develop it using choreographic devices.
- Control of the body is visible and there is some sense of performance.

2

- Can demonstrate some actions with effort and understands some of the gestures and expressive movements that mirror their chosen idea.
- Understands motifs and can repeat and vary by increasing speed or direction.
- Can at times apply some control of simple movements.
- Has little confidence and sense of performance.

1

- Can demonstrate some actions with effort and understands some of the gestures and expressive movements that mirror their chosen idea.
- Understands motifs and can repeat and vary by increasing speed or direction.
- Can at times apply some control of simple movements.
- Has little confidence and sense of performance.

DANCE LADDER

10

- Performs throwing, catching and dodging skills with outstanding technique.
- **Throwing:** Can perform all types of throws appropriate to the situation with excellent technique, showing accuracy, pace and timing.
- **Catching:** Can perform different types of catches under game pressure, never dropping it.
- **Dodging:** Is able to remain on the court effectively using a wide variety of dodging techniques and jumps.
- **Blocking:** Able to block the ball effectively to gain control of the majority of the balls or to prevent team members further away being hit.
- **Running:** Shows excellent speed and agility around the court.
- **Game Situation:** Exerts significant control over the game. Has a high or excellent level of skill, tactical awareness and anticipation and makes very few unforced errors. Shows exceptional leadership qualities on the court.

9

- Performs throwing, catching and dodging skills to a very high level of technique or two areas of skill to a very high level and 1 area to a high standard.
- **Throwing:** Can perform all types of throws appropriate to the situation with high levels of technique, showing accuracy, pace and timing. With one or more types of throws to an excellent level.
- **Catching:** Can perform different types of catches under game pressure, rarely/never dropping it.
- **Dodging:** Is able to remain on the court using a wide variety of dodging techniques and jumps.
- **Blocking:** Can block the ball to prevent them and team members further away being hit, attempting to control the balls for their teams use.
- **Running:** Shows high levels of speed and agility around the court, with occasional excellent bursts.
- **Game Situation:** Exerts significant control over the game. Has a high or excellent level of skill, tactical awareness and anticipation and makes few unforced errors. Shows exceptional leadership qualities on the court.

8

- Performs throwing, catching and dodging skills to a high level of technique or two areas of skill to a high level and 1 area to a good standard.
- **Throwing:** Can perform all types of throws appropriate to the situation with high levels of technique, showing accuracy, pace and timing
- **Catching:** Can perform different types of catches under game pressure, rarely dropping it.
- **Dodging:** Rarely has to leave the court as is able to effectively use a growing range of dodging techniques and jumps.
- **Blocking:** Can block the ball to prevent them and team members close-by being hit, attempting to control the balls for their teams use.
- **Running:** Shows high levels of speed and agility around the court.
- **Game Situation:** Exerts high levels of control over the game. Has a high level of skill, tactical awareness and anticipation, even under pressure. Shows high levels of leadership qualities on court.

Dodgeball Level Ladder



7

- Performs throwing, catching and dodging skills to a high level of technique or two areas of skill to a high level and 1 area to a good standard.
- **Throwing:** Can perform all types of throws appropriate to the situation with good levels of technique, showing accuracy, pace and timing. With one or more types of throws to a high level.
- **Catching:** Can perform different types of catches under game pressure, dropping it occasionally.
- **Dodging:** Rarely has to leave the court as is able to use a growing range of dodging techniques and jumps.
- **Blocking:** Can block the ball to prevent them and team members close-by being hit.
- **Running:** Shows good levels of speed and agility around the court, with occasional high speed bursts.
- **Game Situation:** Exerts good levels of control over the game. Has a high level of skill, tactical awareness and anticipation, even under pressure. Shows good levels of leadership qualities on court.

6

- Performs throwing, catching and dodging skills with a good level of technique.
- **Throwing:** Can perform all types of throws appropriate to the situation with good levels of technique, showing accuracy, pace and timing
- **Catching:** Can perform different types of catches under game pressure, but will sometimes drop it.
- **Dodging:** Can effectively use a variety of dodging techniques and jumps and rarely gets hit.
- **Blocking:** Can block the ball to prevent them and team members next to them being hit.
- **Running:** Shows good levels of speed and agility around the court.
- **Game Situation:** Exerts good levels of control over the game. Can perform a range of basic skills and tactics on the court. Starting to show leadership, through anticipation and communication of tactics with others on the team.

5

- Performs throwing, catching and dodging skills with a good level of technique.
- **Throwing:** Can perform most throws appropriate to the situation showing some technique, accuracy, pace and timing.
- **Catching:** Can sometimes perform different types of catches under game pressure.
- **Dodging:** Can use a variety of dodging techniques and jumps and rarely gets hit.
- **Blocking:** Can effectively block the ball moving directly towards them and can usually block the ball to prevent a team member next to them being hit.
- **Running:** Shows occasional bursts of speed and agility around the court.
- **Game Situation:** Exerts reasonable levels of control over the game. Can perform a range of basic skills and tactics on the court. Starting to show leadership, through anticipation and communication with others on the team.

Dodgeball Level Ladder



4

- Performs throwing, catching and dodging skills with appropriate technique.
- **Throwing:** Can perform a selection of throws appropriate to the situation showing some technique, accuracy, pace and timing.
- **Catching:** Can sometimes perform different types of catches.
- **Dodging:** Can use a variety of dodging techniques and jumps but sometimes gets hit.
- **Blocking:** Sometimes blocks the ball to prevent team members next to them being hit, generally keeping control of the blocking ball.
- **Running:** Shows some speed (jogging pace) and some agility around the court.
- **Game Situation:** Exerts some level of control over the game. Can perform some of the basic skills within the game, showing some anticipation and tactical awareness on the court.

3

- Performs throwing, catching and dodging skills with appropriate technique.
- **Throwing:** Can perform some throws appropriate to the situation showing some, accuracy, pace and timing.
- **Catching:** Can generally catch the ball within the game using a preferred type.
- **Dodging:** Attempts a variety of dodging techniques and jumps but sometimes gets hit.
- **Blocking:** Usually blocks the ball moving directly towards them, generally keeping control of the blocking ball.
- **Running:** Shows some speed (jogging pace) around the court.
- **Game Situation:** Exerts some level of control over an incoming throw. Can perform 1 or 2 of the basic skills within the game, showing some anticipation and tactical awareness on the court.

2

- Performs throwing, catching and dodging skills with some level of technique.
- **Throwing:** Can throw a ball with some accuracy and pace.
- **Catching:** Can occasionally catch a ball within a game.
- **Dodging:** Demonstrates basic dodging techniques, occasionally jumps but often gets hit.
- **Blocking:** Sometimes blocks the ball that is moving directly towards them, attempting to keep control of the blocking ball.
- **Running:** Moves slowly around the court.
- **Game Situation:** Can perform skills in isolation and attempts some of these in the game situation.

1

- Performs throwing, catching and dodging skills with some level of technique.
- **Throwing:** Can throw a ball.
- **Catching:** Can usually catch a ball in isolation without game pressure.
- **Dodging:** Demonstrates basic dodging techniques, but rarely leaves the ground.
- **Blocking:** Sometimes attempts to block a ball moving towards them.
- **Running:** Relatively static on the court.
- **Game Situation:** Can perform skills in isolation and has an awareness of the skills they should be attempting in the game situation.

Fitness Level Ladder

10

- **Fitness Level:** Has an excellent level of fitness and works to an excellent intensity (high end of their target zone).
- **Technique:** Maintains excellent technique throughout the training session most noticeably towards the end of the session.
- **Understanding:** Knowledge and understanding of fitness issues is excellent.
- **Knowledge of anatomy:** Has an excellent working knowledge of muscles, joints, heart and circulatory system.
- **Taking Heart Rate:** Knows how to take pulse rates accurately and understands the significance of resting heart rate, working heart rate and recovery rates.
- **Warming Up:** Can plan, carry out and lead a warm up, main activity and cool down appropriate to all activity sessions.
- **Safety:** Has a clear understanding and is very capable of working safely.

9

- **Fitness Level:** Has an excellent level of fitness and works to an excellent intensity (high end of their target zone).
- **Technique:** Maintains excellent technique throughout the training session.
- **Understanding:** Knowledge and understanding of fitness issues is very good.
- **Knowledge of anatomy:** Has a very good working knowledge of muscles, joints, heart and circulatory system.
- **Taking Heart Rate:** Knows how to take pulse rates accurately and understands the significance of resting heart rate, working heart rate and recovery rates.
- **Warming Up:** Can plan, carry out and lead a warm up, main activity and cool down appropriate to most activity sessions.
- **Safety:** Has a good understanding and is very capable of working safely.

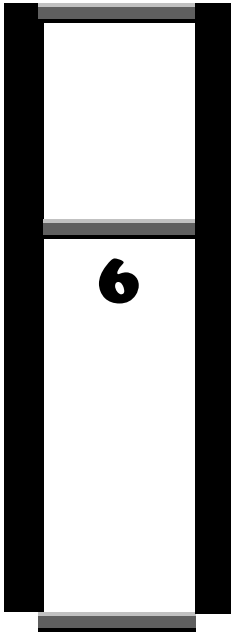
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- **Fitness Level:** Has a very good level of fitness and works to a very good intensity (towards the high end of their target zone).
- **Technique:** Shows a very good technique throughout the training session.
- **Understanding:** Knowledge and understanding of fitness issues is good.
- **Knowledge of anatomy:** Has a good working knowledge of muscles, joints, heart and circulatory system.
- **Taking Heart Rate:** Knows how to take pulse rates accurately and understands the significance of resting heart rate, working heart rate and recovery rates.
- **Warming Up:** Can plan, carry out and lead a warm up and cool down appropriate to most activity sessions.
- **Safety:** Has a very good knowledge of working safely and consistently demonstrates it.

7

- **Fitness Level:** Has a very good level of fitness and works to a very good intensity (towards the high end of their target zone)
- **Technique:** Shows a very good technique for most of the training session.
- **Understanding:** Knowledge and understanding of fitness issues is good.
- **Knowledge of anatomy:** Has a good working knowledge of muscles, joints, heart and circulatory system.
- **Taking Heart Rate:** Knows how to take pulse rates accurately and has some understanding of the significance of resting heart rate, working heart rate and recovery rates.
- **Warming Up:** Can plan, carry out and lead a warm up and cool down appropriate to some

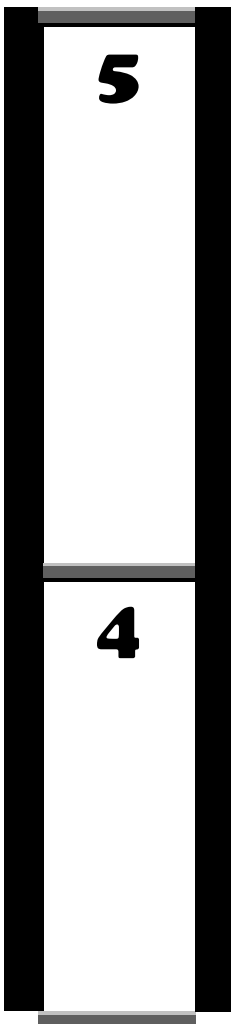
Fitness Level Ladder



activity sessions.

- **Safety:** Has a good knowledge of working safely and consistently demonstrates it.

- **Fitness Level:** Has a good level of fitness and works to a good level of intensity(60 to 80 percent maximum heart rate)
- **Technique:** Shows a good technique for most of the training session.
- **Understanding:** Knowledge and understanding of fitness issues is mostly good.
- **Knowledge of anatomy:** Has a fair knowledge of muscles, joints, heart and circulatory system.
- **Taking Heart Rate:** Knows how to take pulse rates accurately and has some understanding of the significance of resting heart rate, working heart rate and recovery rates.
- **Warming Up:** can plan and carry out a simple warm up and cool down independently.
- **Safety:** Has a good knowledge of working safely and consistently demonstrates it.



- **Fitness Level:** Has a good level of fitness and can maintain periods of higher intensity activity
- **Technique:** Shows a good technique for most of the training session but may lose technique in the latter part of the training session.
- **Understanding:** Knowledge and understanding of fitness issues is fair with some staff prompting.
- **Knowledge of anatomy:** Has a working knowledge of muscles, joints, heart and circulatory system.
- **Taking Heart Rate:** Knows how to take pulse rates accurately and has some understanding of the significance of resting heart rate, working heart rate and recovery rates.
- **Warming Up:** can plan and carry out a simple warm up and cool down with support from others.
- **Safety:** Understands the importance of safety and normally applies these principles in practice.

- **Fitness Level:** Can maintain bursts of higher intensity activity.
- **Technique:** May show good technique early in the session but this will lessen in the later stages
- **Understanding:** Knowledge and understanding of fitness issues is improving and the student can talk about simple issues with some staff prompting.
- **Knowledge of anatomy:** Has a working knowledge of muscles, joints, heart and circulatory system.
- **Taking Heart Rate:** Can take own pulse rate without staff supervision.
- **Warming Up:** Can plan a simple warm up demonstrating some knowledge of safe stretching and mobilizing technique.
- **Safety:** Understands the importance of safety and can apply these principles in practice.

Fitness Level Ladder

3

- **Fitness Level:** Can maintain sustained periods of moderate intensity activity.
- **Technique:** May show some technique early in the session but this will lessen quickly in the later stages.
- **Understanding:** Knowledge and understanding of fitness issues is improving with a few teacher prompts on simple issues.
- **Knowledge of anatomy:** Has a simple working knowledge of muscles, joints, heart and circulatory system.
- **Taking Heart Rate:** Can take own pulse rate with some staff supervision.
- **Warming Up:** Knows how to warm up simply.
- **Safety:** Understands how to train safely and sometimes demonstrates safe practice.

2

- **Fitness Level:** Can maintain sustained periods of low intensity activity.
- **Technique:** Will demonstrate some technique for some of the training session.
- **Understanding:** Knowledge and understanding of fitness issues is improving with some staff prompting on key areas.
- **Knowledge of anatomy:** Has some working knowledge of muscles, joints, heart and circulatory system.
- **Taking Heart Rate:** Can take own pulse rate with detailed staff supervision.
- **Warming Up:** Can warm up with teacher supervision.
- **Safety:** Understands how to train safely and can sometimes demonstrate it

1

- **Fitness Level:** Can maintain bursts of low intensity activity.
- **Technique:** Will demonstrate some technique for some of the training session.
- **Understanding:** Knowledge and understanding of fitness issues is improving with staff prompting on all areas.
- **Knowledge of anatomy:** Has some knowledge of muscles, joints and the heart
- **Taking Heart Rate:** Can take own pulse rate with detailed staff instruction.
- **Warming Up:** Can warm up with detailed teacher instruction.
- **Safety:** Understands how to train safely and can sometimes demonstrate it

Football Level Ladder



10

- **Passing:** Good accuracy, good timing and appropriate pace on all types of pass. Accurate passes on the move with inside and outside of foot.
- **Control:** High level of balance/ball control when dribbling past opponents. Able to wrong foot opponent using feint action. Uses both feet consistently and effectively. Effective control with all parts of body. Creates space as ball is controlled.
- **Game:** Exerts significant control over game. Outstanding levels of skill, tactical awareness and anticipation. Very few unforced errors, even under competitive pressure.

9

- **Passing:** Accuracy, timing and pace on passes. Accurate passes on the move with inside and outside of foot.
- **Control:** Good balance/ball control when dribbling past opponents. Able to wrong foot opponent using feint action. Uses both feet. Effective control with different parts of body. Creates space as ball is controlled.
- **Game:** Exerts control over game. High levels of skill, tactical awareness and anticipation. Few unforced errors, even under competitive pressure.

8

- **Passing:** Accurate passing whilst on the move. Correct timing and technique with different types of pass. Accuracy with all types of pass.
- **Control:** Tight ball control when dribbling past opponents on either side. Beginning to develop feint action. Frequently controls ball with all parts of body in competitive situations.
- **Game:** Exerts influence on game in both attack and defence. Few unforced errors. Assists team-mates. High level of skill & tactical awareness.

7

- **Passing:** Accurate passing whilst on the move. Correct timing and technique with different types of pass. Accuracy with passing.
- **Control:** Close control when dribbling past opponents. Beginning to develop feint action. Frequently controls ball with all parts of body.
- **Game:** Exerts influence on game. Few unforced errors. Assists team-mates. Good level of skill & tactical awareness.

6

- **Passing:** Accurate passing whilst on the move. Correct timing and technique with various passes.
- **Control:** Can run and dribble past opponents using close control on chosen side with high rate of success. Controls incoming passes with either foot. Use of chest and thigh for control with some success.
- **Game:** Some ability to influence game either in attack or defence. Use of skills under pressure. Switches quickly from attack to defence. Appreciates main tactics involved.

Football Level Ladder



5

- **Passing:** Accurate passing whilst on the move. Correct timing and technique with some passes.
- **Control:** Can run and dribble past opponents using close control on chosen side with some success. Controls incoming passes with either foot. Use of chest and thigh with some success, but lacking control and consistency.
- **Game:** Some ability to influence game either in attack or defence. Use of some skills under pressure. Can switch from attack to defence. Appreciates some tactics involved.

4

- **Passing:** Accurate passing with correct part of foot. Pass sometimes lacks correct weighting.
- **Control:** Basic control and technique. Ball kept within easy reach, but sometimes loses control. Control dominated by instep. Demonstrates control in isolation. Some control fails to remove pace from ball. Needs to develop control of balls coming at different heights.
- **Game:** Becoming more effective in game situations. Exhibits some skills in chosen position, but these may be affected by pressures of game. Prefers others to take control.

3

- **Passing:** Passes with correct part of foot. Pass sometimes has correct weighting.
- **Control:** Basic control and technique. Ball kept within easy reach, but often loses control. Controls with instep. Demonstrates control in isolation. Control fails to remove pace from ball. Needs to develop control of balls coming at different heights.
- **Game:** Becoming more confident in game situations. Exhibits some skills in chosen position, but these are affected by pressures of game. Prefers others to take control.

2

- **Passing:** Passes with some accuracy, but tend to be over or under hit. Eyes taken off ball.
- **Control:** Reasonable control but ball often played too far in advance and lost. Uncomfortable with ball at feet. Can control slower passes. Sometimes heavy touch which deflects away.
- **Game:** Limited game effectiveness. Limited basic skills. Uncertainty with tactics.

1

- **Passing:** Passes with limited accuracy, can be over or under hit. Eyes taken off ball.
- **Control:** Some control. Ball sometimes played too far in advance and lost. Uncomfortable with ball at feet. Heavier touch.
- **Game:** Limited game effectiveness. Limited basic skills. Some uncertainty with tactics.

Football Level Ladder



Golf Level Ladder



10

- **Preparation** - Technically correct and firm grip. Correctly aligns feet, body and head with direction of shot.
- **Swing** – Is fluent, taking the club through its full range.
- **Gameplay** –Consistently achieves distance and height with a high level of accuracy. Effectively uses the course for best line of shot. Able to fade/draw to effect. Putting is at a very high percentage from varying distances and uneven terrain. Takes weather into account when playing shots. Regularly makes par to handicap. Has an outstanding understanding of the rules and etiquette of golf.

9

- **Preparation** - Technically correct and firm grip. Correctly aligns feet, body and head with direction of shot.
- **Swing** – Is fluent, taking the club through its full range.
- **Gameplay** –Consistently achieves distance and height with a high level of accuracy. Effectively uses the course for best line of shot. Able to fade/draw with some effect. Putting is at a high percentage from varying distances and uneven terrain. Takes weather into account when playing shots. Regularly makes par. Has an excellent understanding of the rules and etiquette of golf.

8

- **Preparation** - Technically correct and effective grip. Correctly aligns feet, body and head with direction of shot.
- **Swing** – Is fluent, taking the club almost through full range.
- **Gameplay** –Regularly achieves distance and height with a good accuracy. Uses course layout to avoid hazards. Putting percentage is good from varying distances. Takes weather into account when playing shots. Regularly makes par. Has a good understanding of the rules and etiquette of golf.

7

- **Preparation** - Technically correct and effective grip. Correctly aligns feet and body with direction of shot.
- **Swing** – Is fluent taking the club almost through full range.
- **Gameplay** –Often achieves distance and height with a good accuracy. Uses course layout to avoid hazards and is often successful. Putting percentage is good from varying distances and takes terrain into account. Regularly makes par. Understands most rules and etiquette of golf.

6

- **Preparation** – Demonstrates correct grip. Ball addressed well in preparation. Uses good range of backswing.
- **Swing** – Uses correct action with full follow through. May slice or hook when trying for more distance.
- **Gameplay** – Fairly consistent with direction of shot. Generally tries to use course layout and can often avoid hazards but not always successful. Achieves good putting success but finds difficulty in judging terrain effectively. Strokes are generally effective and consistent. Understands most rules and etiquette of golf.

Golf Level Ladder

5

- **Preparation** – Often demonstrates correct grip Ball addressed well in preparation. Uses good range of backswing.
- **Swing** – Uses correct action with follow through. May slice or hook when trying for more distance.
- **Gameplay** – Fairly consistent with direction of shot. Generally tries to use course layout and can often avoid hazards but not always successful. Achieves good putting success but finds difficulty in judging terrain effectively. Strokes are generally effective and consistent. Understands most rules and etiquette of golf.

4

- **Preparation** – Hand positioning is inconsistent. Poor body position in relation to the ball.
- **Swing** – Is jerky an inconsistent, with some shots failing to be lofted.
- **Gameplay** –Has some difficulty selecting appropriate club. Limited knowledge of the course and avoiding hazards. Lacks some distance and direction. Lacks control of wrist during putting action. Some basic knowledge of rules and etiquette.

3

- **Preparation** – Hands are holding club incorrectly. Poor body position in relation to the ball.
- **Swing** – Is jerky an inconsistent, with majority of shots failing to be lofted.
- **Gameplay** –Has difficulty selecting appropriate club. Limited knowledge of the course and avoiding hazards. Lacks distance and direction. Lacks control of wrist and body during putting action. Limited knowledge of basic rules and etiquette.

2

- **Preparation** – Hands are holding club incorrectly. Body of player is not in line with direction of shot.
- **Swing** – Is very jerky, with majority of shots missing the ball or failing to be lofted.
- **Gameplay** –Unable to select appropriate club for shot. Little attempt to avoid hazards or use technical shot. Does not take into account terrain when putting and therefore has poor level of success.

1

- **Preparation** – Hands are holding club incorrectly. Body of player is not in line with direction of shot.
- **Swing** – Is very jerky, with majority of shots missing the ball.
- **Gameplay** –Unable to select appropriate club for shot. Little or no attempt to avoid hazards or use technical shot. Does not take into account distance or terrain when putting and therefore has poor level of success.

Gymnastics

Skills, knowledge and understanding

Agilities

Students should perform as many of the following agilities as they can. These agilities are to be demonstrated as individual movements and **not** linked into a routine.

Basic agilities

- Rolls: forward crouch and straddle; circle straddle roll; dive forward.
- Rolls: backward into crouch and straddle.
- Balances: shoulder; knee and elbow (crouch balance); headstand; handstand.
- Cartwheel; round off.

Advanced agilities

- Rolls: forward into straight leg pike.
- Handspring.
- Headspring.
- Somersaults: front and back.
- Flic flac (backflip).
- Backward roll to handstand; handstand forward roll.
- Walkover forward/backward.

Any other agility the gymnast can perform.

Vaulting

Use of the box (minimum 110 cm height) and reuther/spring board or trampette to perform any two of the following vaults.

Basic vaults

- Squat vault: long and/or cross box.
- Straddle vault: long and/or cross box.

Advanced vaults

- Headspring; handspring piked (Yamashita).
- Handspring half turn/half on half off.
- Round off over the vault.

Any vault from FIG code of points (the vault must be explained prior to execution).

Students will be allowed two attempts at each vault, the better in each case being assessed.

Skills list

Agilities

Basic agilities:

- Rolls: forward and backward into crouch and straddle; circle straddle roll; dive forward.
- Balances: shoulder; knee and elbow (crouch balance); headstand; handstand.
- Cartwheel; round off.

Advanced agilities:

- Rolls: forward into straight leg pike.
- Handspring.
- Headspring.
- Somersaults: front and back.
- Flic flac (back flip).
- Backward roll to handstand; handstand forward roll.
- Walkover forward/backward.
- Any other agility the gymnast can perform.

Vault

Use of box (minimum 110cm height) and reuter/spring board or trampette to perform any two of the following vaults.

Basic vaults:

- Squat vault: long and/or cross box.
- Straddle vault: long and/or cross box.

Advanced vaults:

- Handspring; handspring piked (Yamshita).
- Handspring half turn/half on half off.
- Round off over the vault.
- Longarm with full twist.
- Any vault from the FIG code of points

(the vault must be explained prior to execution).

Routine

Students will select one of the following and produce a routine:

- artistic
- educational gymnastics
- rhythmic gymnastics.

Gymnastics Level Ladder

10

- **Agilities:** Able to perform all basic and 5 advanced agilities. Excellent control and style.
- **Vault:** Performs a difficult vault involving some rotation. Good speed on approach and secure landing.
- **Floor:** Appropriate mixture of movements displaying imaginative use of floor space and ability. Sequence performed with complete control. A polished performance.
- **Routine: Girls** - A sequence to music lasting 60 – 90 seconds, agilities should be joined together with dance movements, jumps, hops and step patterns.
Boys - Boys sequence lasting up to 60 seconds (no music) and comprising any number of agilities listed on the skills chart.
- **Pommel horse (boys):** A short sequence showing various leg swings.
- **Beam routine (girls):** A sequence to last 70 to 90 seconds using the whole beam and including a mount, running and walking steps, spins, jumps, hops and rolls and a held landing on dismount.

9

- **Agilities:** Able to perform all basic and 4 advanced agilities. Good control and style.
- **Vault:** Performs an advanced vault with good speed on approach and secure landing.
- **Floor:** Appropriate mixture of movements displaying imaginative use of floor space and ability. Sequence performed with control. A polished performance.
- **Routine: Girls** - A sequence to music lasting 60 – 90 seconds, agilities should be joined together with dance movements, jumps, hops and step patterns.
Boys - Boys sequence lasting up to 60 seconds (no music) and comprising any number of agilities listed on the skills chart.
- **Apparatus - Pommel horse (boys):** A short sequence showing various leg swings.
- **Beam routine (girls):** A sequence to last 70 to 90 seconds using the whole beam and including a mount, running and walking steps, spins, jumps, hops and rolls and a held landing on dismount. High level of balance and control in an aesthetically pleasing routine.

8

- **Agilities:** Able to perform all basic and at least 3 advanced agilities. Good control and style.
- **Vault:** Able to perform a more advanced vault. Some evidence of speed on approach and secure landing.
- **Floor:** Appropriate linking actions of more advanced moves. Appropriate mixture of movements displaying imaginative use of floor space and ability. Sequence performed with control. A polished performance.
- **Routine: Girls** - A sequence to music lasting 60 – 90 seconds, agilities should be joined together with dance movements, jumps, hops and step patterns.
Boys - Boys sequence lasting up to 60 seconds (no music) and comprising any number of agilities listed on the skills chart.
- **Apparatus:** Good mount and dismount. Polished performance of basic moves, some advanced moves offered with some control and style.

Gymnastics Level Ladder

7

- **Agilities:** Able to perform all basic and at least 3 advanced agilities. Good control and style.
- **Vault:** Able to perform a more advanced vault. Some evidence of speed on approach and secure landing.
- **Floor:** Appropriate linking actions of more advanced moves. Appropriate mixture of movements displaying imaginative use of floor space and ability. Sequence performed with control. A polished performance.
- **Routine: Girls** - A sequence to music lasting 60 – 90 seconds, agilities should be joined together with dance movements, jumps, hops and step patterns.
Boys - Boys sequence lasting up to 60 seconds (no music) and comprising any number of agilities listed on the skills chart.
- **Apparatus:** Good mount and dismount. Polished performance of basic moves, some advanced moves offered but with limited control and style.

6

- **Agilities:** Able to attempt all basic agilities with control and style. Have knowledge of advanced agilities.
- **Vault:** Performs two basic vaults with control and style. More advanced vault may need some degree of assistance.
- **Floor:** Demonstrates basic agilities with a higher degree of control and performance. Limited number of advanced moves, executed poorly.
- **Routine: Girls** - A sequence to music lasting 60 – 90 seconds, agilities should be joined together with dance movements, jumps, hops and step patterns.
Boys - Boys sequence lasting up to 60 seconds (no music) and comprising any number of agilities listed on the skills chart.
- **Apparatus:** Mount and dismount without assistance. Routine comprised of mainly basic agilities with possibly one or two advanced elements. Reasonable control and style.

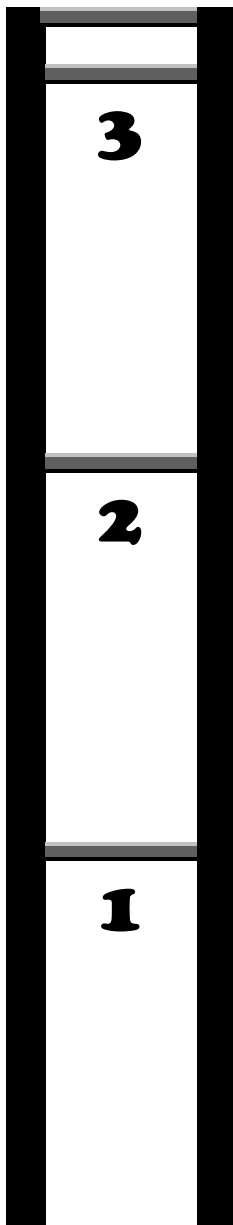
5

- **Agilities:** Able to attempt all basic agilities with control and style.
- **Vault:** Performs two basic vaults with some elements of control and style. More advanced vault needs assistance.
- **Floor:** Demonstrates basic agilities with a degree of control and performance. Limited number of advanced moves, executed poorly.
- **Routine: Girls** - A sequence to music lasting 60 – 90 seconds, agilities should be joined together with dance movements, jumps, hops and step patterns.
Boys - Boys sequence lasting up to 60 seconds (no music) and comprising any number of agilities listed on the skills chart.
- **Apparatus:** Mount and dismount without assistance. Routine comprised of mainly basic agilities with possibly one advanced element. Reasonable control and style.

4

- **Agilities:** Able to attempt all rolls and balances with some control and style.
- **Vault:** Performs two basic vaults with minimal assistance. Limited control and style.
- **Floor:** Demonstrates basic agilities and linking movements into a routine. Some degree of control and style.
- **Routine: Girls** - A sequence to music lasting 60 – 90 seconds, agilities should be joined together with dance movements, jumps, hops and step patterns.
Boys - Boys sequence lasting up to 60 seconds (no music) and comprising any number of agilities listed on the skills chart.
- **Apparatus:** More competent in the mount, encounters problems with the dismount. Basic

Gymnastics Level Ladder



moves used throughout the routine, although the routine lacks continuity.

- **Agilities:** Able to attempt all rolls and balances with some control and limited style.
- **Vault:** Performs two basic vaults with minimal assistance. Limited control and style.
- **Floor:** Demonstrates basic agilities and linking movements into a routine. Some degree of control and style.
- **Routine: Girls** - A sequence to music lasting 60 – 90 seconds, agilities should be joined together with dance movements, jumps, hops and step patterns.
Boys - Boys sequence lasting up to 60 seconds (no music) and comprising any number of agilities listed on the skills chart.
- **Apparatus:** More competent in the mount, encounters problems with the dismount. Basic moves used throughout the routine, although the routine lacks continuity.

- **Agilities:** Able to attempt at least five basic agilities, demonstrating limited body control.
- **Vault:** Experiences some difficulty. Needs assistance with one or two vaults. Poor style.
- **Floor:** Able to link together simple movements using limited space. Evidence of some body control. Lacks flow and rhythm.
- **Routine: Girls** - A sequence to music lasting 60 – 90 seconds, agilities should be joined together with dance movements, jumps, hops and step patterns.
Boys - Boys sequence lasting up to 60 seconds (no music) and comprising any number of agilities listed on the skills chart.
- **Apparatus:** Needs assistance with mount and dismount. Student will not attempt a routine.

- **Agilities:** Able to attempt at least five basic agilities, demonstrating limited body control.
- **Vault:** Experiences some difficulty. Needs assistance with all vaults. Poor style.
- **Floor:** Able to link together simple movements using limited space. Limited evidence of body control. Lacks flow and rhythm.
- **Routine: Girls** - A sequence to music lasting 60 – 90 seconds, agilities should be joined together with dance movements, jumps, hops and step patterns.
Boys - Boys sequence lasting up to 60 seconds (no music) and comprising any number of agilities listed on the skills chart.
- **Apparatus:** Needs assistance with mount and dismount. Student will not attempt a routine.

Handball Level Ladder

10

- **Dribbling:** Able to drive forward with both hands. Able to drive with speed and control with strongest hand. Can reverse the ball on to either hand and demonstrates consistently excellent technique. Footwork is faultless.
- **Passing:** Can pass at speed whilst on the move with very good accuracy, a high level of success and excellent technique.
- **Shooting:** Can shoot correctly even from the drive with very good technique and landing position. Can drive through a defence and shoot.
- **Game:** Makes very few unforced errors and demonstrates excellent timing to exploit openings. High level of skill in his/ her chosen position and has an excellent understanding of tactics in offence and defence.

9

- **Dribbling:** Able to drive forward with both hands. Able to drive with speed and control with strongest hand. Can reverse the ball on to either hand and has excellent technique.
- **Passing:** Can pass at speed whilst on the move with good accuracy, a high level of success and excellent technique.
- **Shooting:** Can shoot correctly even from the drive with good technique and landing position.
- **Game:** Makes few unforced errors and exploits openings. High level of skill in his/ her chosen position and demonstrates understanding of tactics in offence and defence.

8

- **Dribbling:** Changes speed or direction with either hand. Appropriate use of ball protection. Good technique while on the move. Strong drive is evident in drills.
- **Passing:** Passes effectively with good technique while on the move. Can use a variety of passes with deception/ feint and has excellent timing.
- **Shooting:** Can break through defences and shoot on either side but may struggle on weaker side. Good technique is evident even under pressure with good rate of success.
- **Game:** Can influence the game in attack and defence. Understands and plays to the teams tactics. Can exploit openings by assisting and scoring.

7

- **Dribbling:** Changes speed or direction with either hand. A Good technique while on the move. Strong drive is evident in drills.
- **Passing:** Passes effectively with good technique while on the move. Can use a variety of passes with deception/ feint and has good timing.
- **Shooting:** Can break through defences and shoot on either side but may struggle on weaker side. Good technique is evident and is usually consistent even under pressure with good rate of success.
- **Game:** Can influence the game in attack and defence. Understands and plays to the teams tactics. Can exploit openings by assisting and scoring.

6

- **Dribbling:** High level of control. Uses both hands but one is weaker and they get their head up for maximum vision. Correct footwork.
- **Passing:** Effectively uses a range of passes including bounce, chest and overhead pass. Can use deception/ feint. Timing is good.
- **Shooting:** Good shooting technique but may lack consistency, especially in games. Standing shot is superior to jump shot.
- **Game:** Understands they have an offensive and defensive role. Has an influence on the game and is becoming more effective in competitive situations.

Handball Level Ladder

5
4
3
2
1

- **Dribbling:** High level of control. Uses both hands but one is weaker and they usually get their head up for maximum vision. Correct footwork.
- **Passing:** Effectively uses a range of passes including bounce, chest and overhead pass. Timing is good.
- **Shooting:** Good shooting technique but lacks consistency, especially in games. Standing shot is superior to jump shot.
- **Game:** Understands they have an offensive and defensive role. Has an influence on the game.

- **Dribbling:** Maintains consistent control of the ball using one hand with correct contact. Feet correctly positioned.
- **Passing:** Usually has good technique when passing. Passes more effectively over longer distances. Catching is becoming more consistent but doesn't reach for the ball.
- **Shooting:** Shooting is completed with good technique, especially in drills. Consistency could still improve however, especially under pressure in games.
- **Game:** Understands they have an offensive and defensive role. Has an influence on the game and is starting to become more effective and have more confidence in games.

- **Dribbling:** Maintains consistent control of the ball using one hand with correct contact. Feet usually correctly positioned.
- **Passing:** Passes more effectively over longer distances. Catching is becoming more consistent but doesn't reach for the ball.
- **Shooting:** Shooting is completed with good technique in drills. Consistency needs to improve under pressure in games.
- **Game:** Understands they have an offensive and defensive role. Has an influence on the game.

- **Dribbling:** Uses one hand and looks at the ball in order to maintain control. Correct contact is apparent when bouncing the ball.
- **Passing:** Passing is inconsistent but technique is beginning to develop, especially the chest pass. Catching is also inconsistent but apparent.
- **Shooting:** Shot technique is still developing (for instance the shot may start from the chest). Accuracy is still improving, especially when they try and shoot with power.
- **Games:** Starting to develop positional awareness but in practice often forgets their roles in attack and defence.

- **Dribbling:** Uses one hand and looks at the ball in order to maintain control.
- **Passing:** Passing is inconsistent but technique is beginning to develop. Catching is also apparent but inconsistent.
- **Shooting:** Shot technique is still developing (for instance the shot may start from the chest). Accuracy is still improving, especially when they try and shoot with power.
- **Games:** Fully participates in games but has a limited input in attack and defence.

Hockey Level Ladder

10

- **Passing:** Able to consistently perform different types of passes appropriate to the situation showing accuracy and ball pace.
- **Receiving the ball:** Able to receive ball from different directions showing good first touch ball control both on open and reverse stick sides.
- **Moving with the ball:** When dribbling the ball in close contact, players show changes of pace and direction as well as demonstrating body and stick feints to outwit the opponent. A strong balanced body position is evident.
- **Defending:** Able to select an appropriate tackle to dispossess his/her opponent. Positioning of the ball placed to advantage showing vision and good tactical awareness.
- **Game:** Uses intelligent positioning of the body to limit the attacker's options giving evidence of 'shadowing' and 'channeling'. Has high individual skill level making few unforced errors and assists team mates with effective support play. Exerts significant control over the game.

9

- **Passing:** Able to perform different types of passes appropriate to the situation showing accuracy and ball pace.
- **Receiving the ball:** Able to receive ball from different directions showing good first touch ball control both on open and reverse stick sides.
- **Moving with the ball:** When dribbling the ball in close contact, players show changes of pace and direction as well as demonstrating body and stick feints to outwit the opponent. A strong balanced body position is evident.
- **Defending:** Able to select an appropriate tackle to dispossess his/her opponent. Positioning of the ball placed to advantage showing vision and good tactical awareness.
- **Game:** Uses intelligent positioning of the body to limit the attacker's options giving evidence of 'shadowing' and 'channeling'. Has high individual skill level making few unforced errors and assists team mates with effective support play.

8

- **Passing:** Able to perform push, slap hit, hit and flick with accuracy, direction and power.
- **Receiving the ball:** Brings ball under control quickly and efficiently to strongest side when receiving. Stick 'gives' to cushion the ball.
- **Moving with the ball:** Makes effective use of push and Indian dribbling technique and is able to get past a defender with either a dodge or well-timed pass.
- **Defending:** Adopts a strong, low balanced position when tackling and able to 'time' the tackle thus achieving a good success rate at winning it.
- **Game:** Evidence of support play and movement off the ball. Has a positive impact on the game with evidence of tactics and spatial awareness.

Hockey Level Ladder

7

- **Passing:** Able to perform push, slap hit, hit and flick with accuracy, direction and power.
- **Receiving the ball:** Brings ball under control quickly and efficiently to strongest side when receiving. Stick 'gives' to cushion the ball.
- **Moving with the ball:** Makes effective use of push and Indian dribbling technique and is able to get past a defender with either a dodge or well-timed pass.
- **Defending:** Adopts a strong, low balanced position when tackling and able to 'time' the tackle thus achieving a good success rate at winning it.
- **Game:** Evidence of support play and movement off the ball.

6

- **Passing:** Able to demonstrate good push, slap hit and hit adjusting footwork to give direction and accuracy. Attempts to flick pass. Passes the ball in a game with success.
- **Receiving the ball:** Can receive the ball and bring under control on both open and reverse side.
- **Moving with the ball:** Begins to show evidence of use of reverse stick whilst moving with the ball. Ball and stick in front and to the side of the body to allow for efficient movement.
- **Defending:** Able to demonstrate jab, open and reverse tackles. Achieves some success with the jab and open but often too slow to execute reverse stick tackles effectively.
- **Game:** Individual skills are evident when trying to outwit opponents. Tackles attempted with some success but may not be able to use the ball effectively after winning it. Evidence of understanding the main tactics involved in chosen position.

5

- **Passing:** Able to demonstrate good push, slap hit and hit adjusting footwork to give direction and accuracy. Attempts to flick pass although not always successful. Passes the ball in a game with success.
- **Receiving the ball:** Can receive the ball and bring under control on both open and reverse side.
- **Moving with the ball:** Begins to show evidence of use of reverse stick whilst moving with the ball. Ball and stick in front and to the side of the body to allow for efficient movement.
- **Defending:** Able to demonstrate jab and open tackles.
- **Game:** Individual skills are evident when trying to outwit opponents. Tackles attempted with some success but may not be able to use the ball effectively after winning it. Evidence of understanding the main tactics involved in chosen position.

Hockey Level Ladder

4

- **Passing:** Able to demonstrate competent push and slap pass but both lack power.
- **Receiving the ball:** Able to receive passes using basic footwork to bring the ball in to control whilst stationary or on the move.
- **Moving with the ball:** When moving with the ball, maintains good control but ball kept too close to the body with no peripheral vision. Mainly uses open side of the stick with little or no evidence of ability to turn the stick over. Movement is slow and awkward.
- **Defending:** Some success when tackling but there is little evidence of timing the tackle or of adapting the correct body position. Often stick tackles.
- **Game:** More effective in the game. Some attempt of skills but these may be affected by the pressures of the game. Lacks awareness of others and basic positioning.

3

- **Passing:** Able to demonstrate competent push and slap pass but both lack power and accuracy.
- **Receiving the ball:** Able to receive passes using basic footwork to bring the ball in to control whilst stationary or on the move.
- **Moving with the ball:** When moving with the ball, maintains good control but ball kept too close to the body with no peripheral vision. Mainly uses open side of the stick with little or no evidence of ability to turn the stick over. Movement is slow and awkward.
- **Defending:** Some success when tackling but there is little evidence of timing the tackle or of adapting the correct body position. Often stick tackles.
- **Game:** Some attempt of skills but these may be affected by the pressures of the game. Lacks awareness of others and basic positioning.

2

- **Passing:** Able to demonstrate a push and slap hit but lack power, direction and accuracy.
- **Receiving the ball:** Able to receive and control easy passes.
- **Moving with the ball:** When moving with the ball, body position is up right and there is little or no evidence of stick or ball control. Rarely moves with the ball.
- **Defending:** Able to show action of block tackle but rarely wins the ball.
- **Game:** Has difficulty performing basic skills in a game situation when under pressure.

1

- **Passing:** Able to demonstrate a push and slap hit but lack power, direction and accuracy.
- **Receiving the ball:** Able to receive and control easy passes.
- **Moving with the ball:** When moving with the ball, body position is up right and there is little or no evidence of stick or ball control. Rarely moves with the ball.
- **Defending:** Avoids tackling.
- **Game:** Has difficulty performing basic skills in a game situation when under pressure.

Hockey Level Ladder

Netball Level Ladder

10

- **Passing:** Consistently shows power, control, accuracy and timing. Demonstrates running pass. Able to pass accurately to moving target. Makes and applies good decisions when selecting an appropriate pass. High quality of catching and control.
- **Footwork:** Takes ball with one or both hands and demonstrates correct footwork on landing. Footwork faultless even in awkward receiving situations. Confidently able to demonstrate correct running footwork.
- **Marking:** Very fast movement about court. Gets free from marker very easily using fast footwork, anticipation and timing. High standard of marking. Opponent rarely able to receive pass. Passes marked well and are often intercepted with subsequent movement opportunities denied.
- **Game:** Excellent use of peripheral vision to watch opponent and ball. Exerts significant control over the game. Shows outstanding level of skill, tactical awareness and anticipation.

9

- **Passing:** Shows power, control, accuracy and timing. Demonstrates running pass. Able to pass accurately to moving target. High quality of catching and control. Makes and applies good decisions when selecting an appropriate pass.
- **Footwork:** Takes ball with one or both hands and demonstrates correct footwork on landing. Footwork faultless even in awkward receiving situations. Confidently able to demonstrate correct running footwork.
- **Marking:** Gets free from marker very easily using fast footwork, anticipation and timing. High standard of marking. Opponent rarely able to receive pass. Passes marked well and are often intercepted.
- **Game:** Excellent use of peripheral vision to watch opponent and ball. Exerts significant control over the game. Shows excellent level of skill, tactical awareness and anticipation.

8

- **Passing:** Demonstrates a variety of passes, showing accuracy and power with the correct technique. Makes and applies good decisions when selecting an appropriate pass.
- **Footwork:** Shows correct footwork when landing. Gives clear signal indicating where ball required. Evidence of feet leaving ground to gain height. Confidently able to demonstrate correct running footwork with little or no late take off.
- **Marking:** Able to get free from opponent using a variety of methods. Effective marking to delay receipt of pass by opponent. Evidence of marking ball for next pass.
- **Game:** Able to exert an influence on the game both in attack and defence. Make few unforced errors and assists team mates. Shows good level of skill and tactical awareness even under pressure.

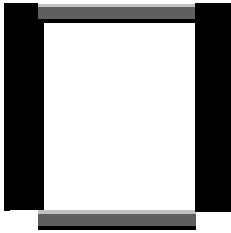
7

- **Passing:** Demonstrates a variety of passes, showing accuracy and power with the correct technique.
- **Footwork:** Shows correct footwork when landing. Gives clear signal indicating where ball required. Evidence of feet leaving ground to gain height.
- **Marking:** Able to get free from opponent using a variety of methods. Effective marking to delay receipt of pass by opponent.
- **Game:** Able to exert an influence on the game both in attack and defence. Shows good level of skill and tactical awareness even under pressure.

6

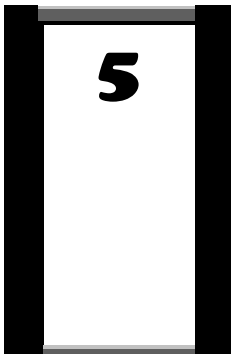
- **Passing:** Good standard of all three types of passing. Accurate but can occasionally lack power. Catches effectively using both hands. Basically static when receiving. Signals to pass.
- **Footwork:** Demonstrates correct footwork including pivoting.
- **Marking:** Able to get free from an opponent of similar standard but may lack speed.

Netball Level Ladder

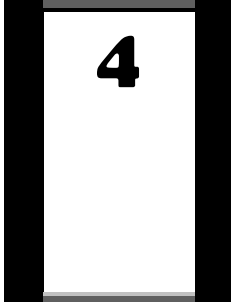


Success at marking initially but may lose a good opponent. Some evidence of marking next pass.

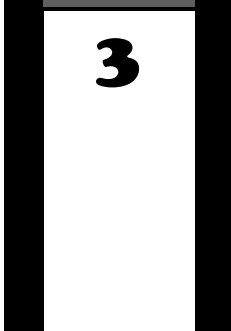
- **Game:** Plays effectively in game situation. Demonstrates competent level of skill in chosen position.



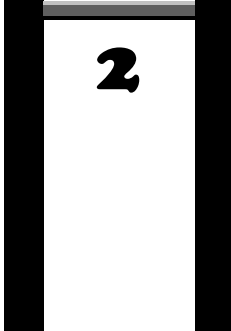
- **Passing:** Good standard of all three types of passing. Accurate but lacks power. Catches effectively using both hands. Stays static when receiving the ball. Gives hesitant signal to pass.
- **Footwork:** Demonstrates correct footwork including pivoting.
- **Marking:** Able to get free from an opponent of similar standard but lacks speed. Success at marking initially but may lose a good opponent.
- **Game:** Can play effectively in game situation. Demonstrates competent level of skill in chosen position.



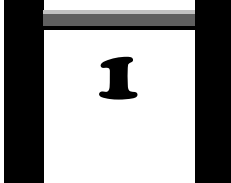
- **Passing:** Chest and bounce passes have some success with evidence of trying to achieve the correct technique. Shoulder passes are high and slow with little or no technique. Has some success in catching easy passes but lacks consistency.
- **Footwork:** Able to demonstrate footwork rule correctly.
- **Marking:** Opponent often gets free but makes little effort to mark the ball.
- **Game:** Become more effective in game situation. May demonstrate some individual skills although they may be affected by pressure of game.



- **Passing:** Chest and bounce passes have some success. Shoulder passes are high and slow with little or no technique. Has some success in catching easy passes but lacks consistency.
- **Footwork:** Able to demonstrate footwork rule correctly.
- **Marking:** Has some difficulty getting free from opponent. Lacks self-motivated movement.
- **Game:** Starts to become more effective in game situation. May demonstrate some individual skills although they may be affected by pressure of game.



- **Passing:** Chest, shoulder and bounce pass shown but lack power, technique and accuracy. Can be awkward when attempting to catch. Often drops ball. No signal given.
- **Footwork:** Little evidence of correct footwork. Unable to escape from opponent. Movement slow and often clumsy.
- **Marking:** Opponent easily gets free. Unable to influence the game.
- **Game:** Makes limited contribution with skills not evident during game play. Unable to comprehend changes in tactics or concepts of team work.



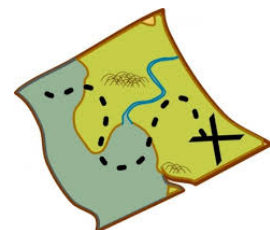
- **Passing:** Chest, shoulder and bounce pass attempted but lack power and accuracy. Can be awkward when attempting to catch. Often drops ball. No signal given.
- **Footwork:** Little evidence of correct footwork. Unable to escape from opponent. Movement slow and often clumsy.

Netball Level Ladder



- **Marking:** Opponent easily gets free. Unable to influence the game.
- **Game:** Makes limited contribution with skills not evident during game play. Unable to comprehend changes in tactics or concepts of team work. Shows large degree of uncertainty.

Orienteering Level Ladder



10

- Excellent confidence.
- Makes quick, effective decisions.
- Exercises excellent map reading skills and personal judgement.
- Able to find difficult controls when under pressure.
- Demonstrates accuracy, speed, advanced tactics and ability to plan and evaluate own and others' performances effectively.
- Leads others highly effectively, but also encourages leadership of others too.
- Demonstrates the ability to find very creative and effective solutions to problems.

9

- Very confident.
- Able to make quick decisions to good effect.
- Excellent map reading skills are evident.
- Knows when to use the map and when to use own judgement.
- Able to find difficult controls.
- Demonstrates accuracy, speed, advanced tactics and ability to plan and evaluate effectively.
- Has the ability to lead others effectively.
- Demonstrates the ability to find creative and effective solutions to problems.

8

- Confident, speedy and effective.
- Effective with detailed map reading skills.
- Able to plan route and apply advanced tactics for successful outcomes.
- Able to evaluate own performances.
- Able to estimate distances and task timings with accuracy.
- Quality of work is maintained, even when completed at speed.

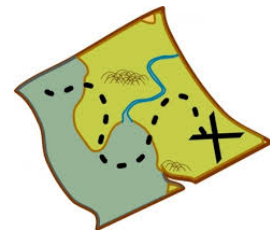
7

- Shows greater confidence, performing skills at greater speed.
- Effective with detailed map reading skills.
- Able to plan route and apply more advanced tactics.
- Able to estimate distances and task timings with accuracy.
- Quality of work is maintained, even when completed at speed.

6

- Confidently takes short cuts.
- Quickly recognizes and uses the quickest and most effective route.
- Fine orienteers over short distances, using detailed map reading skills.
- Competitive approach, applying speed, accuracy and basic tactics.
- Able to work effectively, either independently or as part of a team/group.

Orienteering Level Ladder



5
4
3
2
1

- Confident enough to take short cuts.
- Able to recognise the quickest and most effective route.
- Can fine orienteer over short distances, using detailed map reading.
- Able to compete with others and apply speed and accuracy.
- Able to work independently.

- Uses simple features on the map successfully.
- Selects the correct route with greater independence.
- Applies basic decision making and simple tactics to improve own and others' work.
- Able to work independently with some guidance/support

- Able to use simple features on the map.
- Selects the correct route with some guidance and support.
- Able to make basic decisions and apply simple tactics to work faster and more effectively.
- Able to work independently with guidance/support.

- Can use a basic map with some accuracy and understanding.
- Recognises symbols/ visual features and routes.
- Navigates course with increased accuracy.
- Starting show signs of independent thinking skills.
- Needs some guidance/support.

- Basic understanding of orienteering.
- Recognises symbols/ visual features.
- Navigates course with some accuracy.
- Can work within a team/group.
- Needs guidance and support.

Rounders Level Ladder



10	<ul style="list-style-type: none">• Batting: Approaches batting box with great confidence. Adopts very positive stance. Excellent contact more than 80% of the time. Places ball in relation to type of delivery and using forehand and backhand techniques. Excellent tactical appreciation.• Bowling: Excellent technique using height, speed and spin variations. No-balls are very rare. Uses box to vary angle of attack and sets field to exploit batsperson's weaknesses.• Fielding: Shows great authority in any fielding position and exerts pressure on the batsperson at all times.• Game: Significant influence on the game. Outstanding level of skill in all areas. Wealth of anticipation and tactical awareness. Performs all skills with great confidence and consistency.
9	<ul style="list-style-type: none">• Batting: Approaches batting box with confidence. Adopts positive stance. Good contact more than 80% of the time. Places ball using forehand and backhand techniques. Good tactical appreciation.• Bowling: Excellent technique using height, speed and spin variations. Very few no-balls and sets field to exploit batsperson's weaknesses.• Fielding: Shows great authority in any fielding position and exerts pressure on the batsperson at all times.• Game: Significant influence on the game. Outstanding level of skill in all areas. Wealth of anticipation and tactical awareness. Performs all skills with confidence and consistency.
8	<ul style="list-style-type: none">• Batting: Good ready position and hitting technique. Good contact with 80% of balls. Places ball to avoid fielders in differing positions.• Bowling: Rhythmic stepping action. Extremely consistent. Uses height, speed, spin.• Fielding: Consistent with all skills. Anticipates the ball. Fields ball accurately to bases. Consistent catching. Uses long barrier. Fields ball on the run either chasing or attacking.• Game: Exerts considerable influence in all areas. Very few errors. Confident. Anticipates flow of game. Demonstrates backing up and fielding off the base.
7	<ul style="list-style-type: none">• Batting: Good ready position and hitting technique. Good contact with 70% of balls. Places ball to avoid fielders in differing positions.• Bowling: Rhythmic stepping action. Consistent. Uses height, speed, spin.• Fielding: Consistent with skills. Anticipates the ball. Fields ball accurately to bases. Consistent catching. Uses long barrier. Fields ball on the run either chasing or attacking.• Game: Exerts considerable influence in all areas. Few errors. Confident. Anticipates flow of game and encourages team-mates into correct positions. Demonstrates backing up and fielding off the base.
6	<ul style="list-style-type: none">• Batting: Correct stance. Good grip. Makes contact with 60-70% of balls. Able to place the ball in relation to how the fielders are placed.• Bowling: Fluent stepping action. Consistent delivery. Very few no-balls. Change of height and speed in delivery but doesn't use spin.• Fielding: Consistent accuracy with over and underarm throws. Confident catching. Returns ball quickly and accurately to base. Collects ball on the run. Use of long barrier.• Game: Significant contribution. Consistency even when under pressure.

Rounders Level Ladder



5

- **Batting:** Correct stance. Good grip. Makes contact with 50-60% of balls. Able to place the ball in relation to how the fielders are placed.
- **Bowling:** Fluent stepping action. Consistent delivery. Very few no-balls. Change of height and speed in delivery, but doesn't use spin.
- **Fielding:** Consistent accuracy with over and underarm throws. Confident catching. Returns ball quickly and accurately to base. Collects ball on the run. Use of long barrier.
- **Game:** Makes significant contribution. Consistency even when under pressure.

4

- **Batting:** Knows where and how to stand. Correct grip. Makes contact at least 50% of the time. Lacking accuracy and direction.
- **Bowling:** Correct stepping action and delivery more consistent. Few no-balls. No variation of delivery.
- **Fielding:** Over and under-arm throws with some accuracy and consistency. Regularly catches ball. Needs to develop speed, accuracy and power when returning ball to bases.
- **Game:** Starting to be more effective but pressure of game can affect performance.

3

- **Batting:** Knows where and how to stand. Correct grip. Makes contact at least 40% of the time. Lacking accuracy and direction.
- **Bowling:** Correct stepping action and delivery more consistent. Fewer no-balls. No variation of delivery.
- **Fielding:** Over and under-arm throws with some accuracy and consistency. Regularly catches ball. Needs to develop speed, accuracy and power when returning ball to bases.
- **Game:** Starting to be more effective but pressure of game affects performance.

2

- **Batting:** knows where to stand but rarely makes contact.
- **Bowling:** Inconsistent. A lot of no-balls.
- **Fielding:** Basic catching & throwing actions over short distances. Limited accuracy and basic technique with overarm throws over longer distances.
- **Game:** Needs to develop basic skills with consistency.

1

- **Batting:** knows where to stand but very rarely makes contact.
- **Bowling:** Inconsistent. Majority are no-balls.
- **Fielding:** Basic catching & throwing actions over short distances. Needs to develop overarm throw over longer distances and throwing accuracy.
- **Game:** Needs to develop basic skills with consistency.

Rugby Union Level Ladder



10

- **Passing:** Outstanding variety and technique of passing including short/long/pop/switch/looped. Able to pass off both right and left hand, placing the pass in front of receiver allowing them to run onto the ball. Pass is constantly very accurate with very few errors.
- **Attacking:** Very effective attacking player. Excellent decision maker. Uses sidestep and dummy pass effectively to beat opponents. Can time 2 v 1 pass at pace. Can perform a range of kicks including punt, spiral, up and under and grubber, with high level of accuracy, to gain field position.
- **Defending:** Outstanding and effective tackler from in front, side and behind. Uses excellent technique and is quickly back on their feet to contest for the ball.
- **Game:** Exerts an influence in both attack and defence. Very aware of teamwork, makes few unforced errors. Displays a high level of skill and tactical awareness even under pressure. Has excellent leadership qualities, decision making as individual and in team. Has high level of individual skill maintained under pressure.

9

- **Passing:** Excellent variety and technique of passing including short/long/pop/switch/looped. Able to pass of both right and left hand, placing the pass in front of receiver allowing them to run onto the ball. Pass is constantly very accurate with occasional unforced errors.
- **Attacking:** Very effective attacking player. Makes majority of correct decisions. Uses sidestep and dummy pass effectively to beat opponents. Can time 2 v 1 pass at pace. Can perform a range of kicks from: punt, spiral, up and under and grubber with good accuracy.
- **Defending:** Excellent tackler from in front, side and behind. Rarely misses a tackle. Uses excellent technique and is quickly back on their feet to contest for the ball.
- **Game:** Exerts significant control over game by taking the best and correct option in a given situation.

8

- **Passing:** Excellent variety and technique of passing including short/long/pop/switch/looped. Able to pass of both right and left hand, placing the pass in front of receiver allowing them to run onto the ball. Passing is regularly accurate with occasional unforced errors.
- **Attacking:** Effective attacking player. Good decision maker, passing at the correct time. Occasionally uses sidestep, dummy pass and hand off to beat opponents. Can perform a range of kicks from: punt, spiral, up and under and grubber with more accuracy.
- **Defending:** Tackles to consistently high standard from front, side and rear. Tackles cleanly with dominant shoulder. Often makes an effort to get back on their feet to contest for the ball.
- **Game:** Exerts an influence in both attack and defence. Very aware of teamwork, makes few unforced errors. Displays a high level of skill and tactical awareness even under pressure. Has ability and knowledge to play in a number of positions, demonstrating high levels of skill and understanding.

7

- **Passing:** Good variety and technique of passing including short/long/pop and the switch. Able to pass of both right and left hand with accuracy. Has some unforced errors
- **Attacking:** Good impact when attacking. Make some correct decisions such as passing at the correct time. Uses sidestep and hand off to beat opponents. Can perform a range of kicks from: punt, spiral, up and under and grubber but with inconsistent technique and accuracy.
- **Defending:** Tackles to consistently high standard from front, side and rear. Tackles cleanly with dominant shoulder.
- **Game:** Exerts an influence in both attack and defence. Very aware of teamwork, makes few unforced errors. Displays a high level of skill and tactical awareness even under pressure.

6

- **Passing:** Passes on the run from both hands with control at reduced pace. Can pass at speed from dominant hand. Can pass the ball along the backline.
- **Attacking:** Demonstrates swerve, side step and change of pace. Uses a variety of kicks with dominant foot.
- **Defending:** Executes all tackles cleanly in a controlled situation using dominant shoulder. Tackles effectively in a controlled drill.
- **Game:** Reading of the game is more apparent, becoming more vocal and involved in the game.

Rugby Union Level Ladder



Ability to influence the game is evident with increasing and better decision making under pressure.

5

- **Passing:** Passes on the run from both hands with control at reduced pace. Can pass at speed from dominant hand.
- **Attacking:** Demonstrates swerve and change of pace. Attempts a variety of kicks with dominant foot in control situation.
- **Defending:** Executes all tackles cleanly in a controlled situation using dominant shoulder.
- **Game:** Reading of the game is more apparent, becoming more vocal and involved in the game.

4

- **Passing:** Passes with some accuracy when running at three quarter pace in 2 v1 situation. Has obvious stronger hand. Pass is regularly too short, low, high or behind receiving player.
- **Attacking:** Begins to attempt to swerve. Supports players in set piece and open play. Attempts a range of kicks but lacks control.
- **Defending:** Attempts all tackles in a controlled situation. Effectively tackles from rear. Attempts front and side tackles but not always successful.
- **Game:** Becomes more effective in the game, basic skills are more evident but unable to use them effectively under pressure. Able to gain ground with the ball but tends to release the ball too early when challenged by opposition.

3

- **Passing:** Passes with some accuracy when running at three quarter pace in passive situation. Has obvious stronger hand. Pass is regularly too short, low, high or behind receiving player.
- **Attacking:** Begins to attempt to swerve. Supports players in set piece and open play.
- **Defending:** Attempts all tackles in a controlled situation. Effectively tackles from rear but front and side tackles lack commitment and technique.
- **Game:** Becomes more effective in the game, basic skills are more evident but unable to use them effectively under pressure.

2

- **Passing:** Passes with limited accuracy. Has obvious stronger hand. Pass is regularly too short, low, high or behind receiving player. Passing becomes less accurate in moving situations.
- **Attacking:** Makes little effort to be involved in attacking play, avoids contact situation and struggles to support other players in attack.
- **Defending:** Has little understanding of the correct tackling technique. Low success rate. Attempts to be part of defensive line.
- **Game:** Can participate in play but shows limited skill and technique. Lacks positional awareness.

1

- **Passing:** Passes with limited accuracy. Has obvious stronger hand. Pass is regularly too short, low, high or behind receiving player.
- **Attacking:** Makes little effort to be involved in attacking play and looks uncomfortable when carrying the ball.
- **Defending:** Poor understanding of the correct tackling technique. Low success rate. Avoids contact situation.
- **Game:** Limited game effectiveness. Difficulty performing basic skills. Uncertainty with tactics.

Table Tennis Level Ladder



10

- **Grip:** Excellent use of grip to allow all bat movement actions to be played with excellent technique
- **Footwork:** Consistently demonstrates footwork at speed with exceptional balance and rhythm, making exceptionally few errors to maintain rallies
- **Serve:** Consistently uses a variety of serves, most using a variety of spin which means their serve is unpredictable in terms of pace, direction, height, spin and length
- **Smash:** Selects shot at correct times with excellent technique, power and direction
- **Drop Shot:** Excellent technique with consistent variation of spin, disguise and full control over direction, length of shot and spin which always passes close to the net
- **Stroke Play:** Plays all shots with power and accuracy when attacking, control and accuracy when defending with spin
- **Game Control:** Rallies and wins shots at speed and exerts significant control over a game. Has outstanding skill level, tactical awareness, anticipation and deception. Tactically able to vary speed, direction and spin

9

- **Grip:** Excellent use of grip to allow all bat movement actions
- **Footwork:** Consistently demonstrates footwork at speed with balance and rhythm, making very few errors to maintain rallies
- **Serve:** Consistently demonstrates a range of serves using a variety of spin to increase the difficulty of return for opponent
- **Smash:** Selects shot at correct times with excellent technique, power and direction with minimal unforced errors
- **Drop Shot:** Excellent technique with variation of spin, disguise and full control over direction and length of shot which always passes close to the net
- **Stroke Play:** Plays all shots with power and accuracy when attacking, control and accuracy when defending, with spin evident in all
- **Game Control:** Rallies and wins shots at speed and exerts significant control over a game. Has outstanding skill level, tactical awareness, anticipation and deception

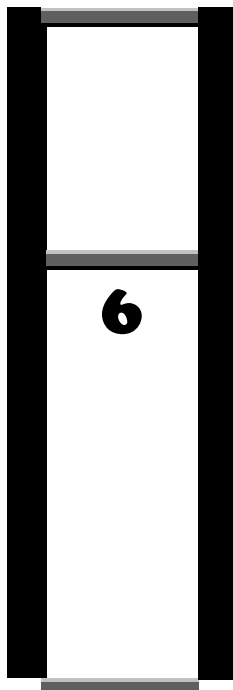
8

- **Grip:** Good grip allowing player to attempt a variety of shots with good technique
- **Footwork:** Consistently demonstrates correct footwork at speed, with balance and rhythm, allowing long rallies to be maintained
- **Serve:** Consistently demonstrates a variety of serves (most using spin) and is able to vary height and direction to increase the difficulty of return for opponent
- **Smash:** Uses effectively with control, power and downward direction
- **Drop Shot:** Applies correct technique with some spin and has control over direction and length of shot and usually passes close to the net
- **Stroke Play:** Full range of shots evident showing power, control and accuracy. Applies spin (including side spin) in all shots
- **Game Control:** Able to exert influence on the game in both attack and defense making few unforced errors. Shows high level of tactical awareness under pressure and anticipates opponent's intentions accurately

7

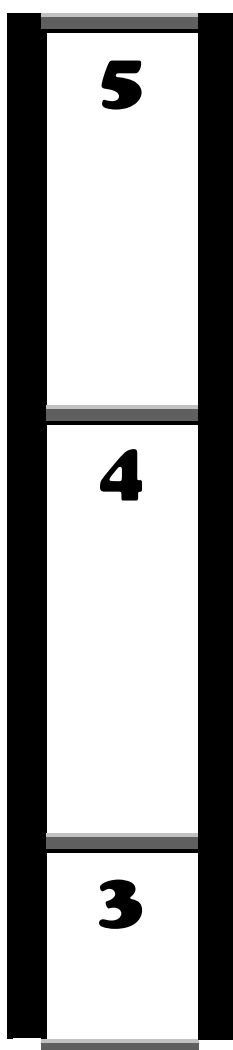
- **Grip:** Good grip allowing player to attempt a variety of shots
- **Footwork:** Consistently demonstrates correct footwork at speed, with balance, allowing effective execution of strokes
- **Serve:** Demonstrates a variety of serves (most using spin) and is able to vary height and direction
- **Smash:** Uses with control, power and downward direction

Table Tennis Level Ladder



- **Drop Shot:** Applies correct technique and has control over direction and length of shot and occasionally passes close to the net
- **Stroke Play:** Full range of shots evident showing power, control and accuracy. Applies spin in all shots.
- **Game Control:** Able to exert influence on the game in both attack and defense making few unforced errors. Shows high level of tactical awareness under pressure

- **Grip:** Correct grip used to suit style of play with correct action gaining consistent success
- **Footwork:** Consistently demonstrates correct footwork allowing effective execution of strokes
- **Serve:** Uses a variety of serves with pace, directional control and spin
- **Smash:** Uses with correct technique, control and downward direction
- **Drop Shot:** Uses with correct technique with control over direction and length of shot
- **Stroke Play:** Good range of shots evident, showing power, control and accuracy. Demonstrates both topspin and backspin in many strokes
- **Game Control:** Shows some ability to influence game in either attack or defense. Tactical play in evidence (even under pressure) with some anticipation of opponents shot and adjusts accordingly



- **Grip:** Correct grip used with correct action gaining consistent success
- **Footwork:** Consistently demonstrates correct footwork allowing potential effective execution of strokes
- **Serve:** Attempts a variety of serves with pace, directional control and using some spin
- **Smash:** Attempts to use with some control and downward direction
- **Drop Shot:** Attempts to use with correct technique and some control over direction and length of shot
- **Stroke Play:** Good range of shots evident showing power, control and accuracy
- **Game Control:** Shows some ability to influence game in either attack or defense. Tactical play in evidence with some anticipation of opponents shot and adjusts accordingly

- **Grip:** Beginning to hold the bat correctly with correct action and gaining some success
- **Footwork:** Uses correct footwork and body movement with fluency with minimal mistakes
- **Serve:** Uses correct service action with some pace and directional control on at least two different types of serve
- **Smash:** Attempts to use with some unforced errors and downward direction
- **Drop Shot:** Attempts to use but has unforced errors in technique
- **Stroke Play:** Plays basic forehand and backhand strokes, showing control and direction. Ball beginning to travel closer to the net.
- **Game Control:** Has some basic skills and is effected by game situations. Able to maintain a steady rally, winning some with effective shots

- **Grip:** Beginning to hold the bat correctly with correct action
- **Footwork:** Uses correct footwork and body movement with fluency and occasional mistakes
- **Serve:** Attempts correct service action with some pace and directional control
- **Smash:** Attempts to use with some success, control and direction

Table Tennis Level Ladder



2
1

- **Drop Shot:** Attempts to use with poor technique and little success
- **Stroke Play:** Plays basic forehand and backhand strokes, showing some control and direction
- **Game Control:** Has some basic skills and is effected by game situations. Able to maintain a rally in game situations

- **Grip:** Attempts to hold the bat correctly and use the correct action
- **Footwork:** Attempts to use correct foot and body movement and has a occasional fluency
- **Serve:** Uses correct service action (know the 5 key points) with little pace, direction or control
- **Smash:** Attempts to use with minimal success, control or direction
- **Drop Shot:** Attempts with poor technique and little or no success
- **Stroke Play:** Demonstrates forehand and backhand push shots in rally but needs to improve consistency
- **Game Control:** Needs to improve game play effectiveness and basic shots in game situations

- **Grip:** Attempts to hold the bat correctly with limited success and use the correct action
- **Footwork:** Attempts to use corret foot and body movement but has a lack of fluency
- **Serve:** Attempts correct service action (know the 5 key points) with little or no pace/ directional control
- **Smash:** Attempts to use with no success, control or direction
- **Drop Shot:** Needs to develop technique
- **Stroke Play:** Demonstrates forehand and backhand push shots in rally but played high and often long
- **Game Control:** Needs to improve game play effectiveness and basic shots in game situations

Tennis Level Ladder



10

- **Strokes:** Outstanding variety & technique for all strokes. Outstanding skill. Top-spin and slice. Full range of volleys and smashes with consistency, power and accuracy. Variety of serves with power, placement, top-spin and slice.
- **Movement:** Outstanding footwork, balance, movement and readiness. Covers court highly effectively.
- **Rules and Tactics:** Outstanding tactical awareness. Reacts quickly to changing situations. Selects correct stroke according to opponent's play. Effective tactics during doubles play.
- **Game:** Exerts significant control over games. Plays with depth and variation. Almost no unforced errors. Applies spin and counter-acts it. Doubles highly effective and influential.

9

- **Strokes:** Excellent variety & technique. Excellent skill. Top-spin and slice. Full range of volleys and smashes with consistency, power and accuracy. Variety of serves with power, placement, top-spin and slice.
- **Movement:** Excellent footwork, balance, movement and readiness. Covers court highly effectively.
- **Rules and Tactics:** Excellent tactical awareness. Reacts quickly to changing situations. Selects correct stroke according to opponent's play. Effective tactics during doubles play.
- **Game:** Exerts significant control over games. Plays with depth and variation. Very few unforced errors. Knows when to use spin and how to counter-act it. Effective doubles play.

8

- **Strokes:** Good technique for all basic strokes. Baseline rallies using forehand and backhand with evidence of top-spin/ slice. Volleying with control and direction. Smashes with power and placement. Correct service technique with good length and power. Lob with spin. Drop shot with slice.
- **Movement:** Anticipation of opponent's shots. Moves well around court. Prepares in plenty of time for return.
- **Rules and Tactics:** Good range of strokes and tactics even under pressure. Ability to deceive. Varies play with angle, depth and spin.
- **Game:** Anticipates movement and covers court effectively. Good range and execution of all strokes. Aware of partner during doubles play.

7

- **Strokes:** Good technique for all basic strokes. Can baseline rally using forehand and backhand with some evidence of top-spin/slice. Volleying with control and direction. Smashes with power and placement. Correct service technique with good length and some power. Lob with spin but lacks accuracy. May attempt drop shot with slice.
- **Movement:** Some anticipation of opponent's shots. Moves well around court. Prepares in time for return.
- **Rules and Tactics:** Good range of strokes/ tactics. Can vary play with angle, depth and spin.
- **Game:** Anticipates movement and covers court effectively. Good range of strokes. Aware of partner during doubles play.

6

- **Strokes:** Competent technique for basic strokes. Beginning to show good length and placement. Backhand lacks control and direction. Effective forehand and backhand volleys. Uses lob to some effect. Consistent serving but may lack power.
- **Movement:** Footwork correct. Moves efficiently around court.
- **Rules and Tactics:** Positional awareness in attack and defence. Places shots varying angle but not always successful.
- **Game:** Control under pressure. Some unforced errors. Anticipates opponent's shots. Aware of partner in doubles but often repositions too late.

Tennis Level Ladder



5

Strokes: Competent technique for most basic strokes. Beginning to show good length and placement. Backhand lacks control and direction. Effective forehand and backhand volleys. Uses lob to avoid opponent at net. Generally consistent serving but lacks power.

Movement: Footwork generally correct. Moves efficiently around court.

Rules and Tactics: Some positional awareness in attack and defence. Attempts to place shots varying angle but not always successful.

Game: Demonstrates certain amount of control under pressure but with some unforced errors. Anticipates opponent's shots. Aware of partner in doubles but repositions too late.

4

Strokes: Control and direction on basic forehand ground-strokes and volleys, but lacking depth. Backhand affected by late preparation and limited movement/footwork. Reasonable service technique but sometimes lacks speed & power. Mainly successful first serves. Limited variation between 1st and 2nd serves. Forehand lob with some accuracy. Needs to develop use of spin.

Movement: Backhand affected by late preparation and limited movement/footwork.

Rules and Tactics: Good positioning at service, but fails to reposition during rallies.

Game: Individual skills sometimes break down when under pressure. Maintains mid-court rallies with control, using mainly forehand. Occasionally loses points with unforced errors. Fails to reposition during doubles.

3

Strokes: Some control and direction on basic forehand ground-strokes and volleys, but lacking depth. Backhand affected by late preparation and limited movement/footwork. Reasonable service technique but lacking speed and power. Some successful first serves. Limited variation between 1st and 2nd serves. Attempts forehand lob with some accuracy. Needs to develop some use of spin.

Movement: Backhand affected by late preparation and limited movement/footwork.

Rules and Tactics: Good positioning at service, but fails to reposition during rallies.

Game: Individual skills break down when under pressure. Maintains mid-court rallies with some control, using forehand. Often loses points with unforced errors. Fails to reposition during doubles.

2

Strokes: Plays basic strokes. Plays forehand from racquet/hand feed. Needs to develop control, direction and depth. 'Pat' style service & square-on position. Needs to develop returns.

Movement: Some limited movement and footwork.

Rules and Tactics: Incorrect grip for most shots especially the serve. Low tactical understanding. Unable to comprehend changes in tactics. Unsure of court markings, scoring systems and rules.

Game: Content to get ball over the net. Needs to develop ability to maintain a competitive rally and make a higher percentage of returns. Needs guidance on positioning. Unsure of court markings, rules and scoring systems.

1

Strokes: Can play some basic strokes. Can play forehand from racquet/hand feed. Needs to develop control, direction and depth. 'Pat' style service & square-on position. Needs to develop returns.

Movement: Needs to develop movement and footwork.

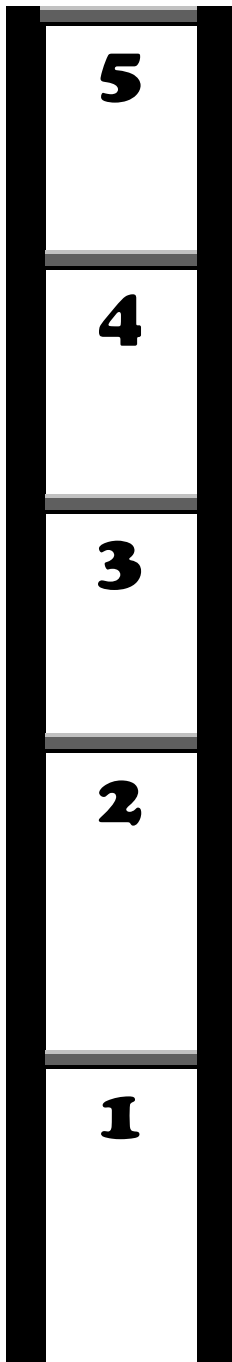
Rules and Tactics: Needs to develop correct grip for all shots, especially the serve. Needs to develop a basic tactical understanding, knowledge of court markings, scoring systems and rules.

Game: Needs to develop ability to maintain rallies and ability to return ball. Needs to develop a basic knowledge of positioning, court markings, rules or scoring systems.

Trampolining Level Ladder

10	<ul style="list-style-type: none">• Combinations: Performs all of the combinations (seat landing to front landing, swivel hips, front landing to seat landing), two of the advanced twists (back landing half twist to feet, front landing half twist to feet) and two of the basic somersault moves (front landing to back landing), one of which should be either front or back somersault (tucked).• Style and Control: Shows very good style and control in the simple and combined moves. Works at consistent height, showing excellent body control.• Skills: Somersault moves are technically correct in terms of good lift and take off. Good lines and tension with minimal travel.• Routine: Able to perform a 10 bounce routine with consistent quality and a controlled stop.
9	<ul style="list-style-type: none">• Combinations: Performs all of the combinations, two of the advanced twists and two of the basic somersault moves, one of which should be either front or back somersault (tucked).• Style and Control: Shows very good style and control in the simple and combined moves. Works at a very good height, showing very good body control.• Skills: Somersault moves are technically correct in terms of good lift and take off. Good lines and tension with minimal travel.• Routine: Able to perform a 10 bounce routine with quality and a controlled stop.
8	<ul style="list-style-type: none">• Combinations: Performs all of the combinations, two of the basic twists, one of the advanced twists and two of the basic somersault moves.• Style and Control: Somersault moves may be too open resulting in under rotation.• Skills: Performs all the basic jumps, landing positions, combinations and twists with consistent height. Advanced twists will have good height.• Routine: Able to perform a 10 bounce routine demonstrating an out bounce and a controlled stop.
7	<ul style="list-style-type: none">• Combinations: Performs all of the combinations, two of the basic twists, one of the advanced twists and one of the basic somersault moves. The more difficult combinations (e.g. the roller) may show insufficient lift or the body may turn into a pike position.• Style and Control: Landing may be inconsistent on the bed. Somersault moves may be too open resulting in under rotation.• Skills: Performs all the basic jumps, landing positions, combinations and twists with consistent height. Advanced twists may not be high enough.• Routine: Able to perform a 10 bounce routine demonstrating an out bounce and a controlled stop.
6	<ul style="list-style-type: none">• Combinations: Isolated actions or linked together various skills from the twists, combinations and basic somersault actions• Style and Control: The simple moves are performed well in terms of style and technique.• Skills: Performs all the basic jumps, all the basic landing positions, four combinations and one of the basic twists with good height.• Routine: Able to perform a 10-bounce routine, see examples on accompanying page.

Trampolining Level Ladder



- **Combinations:** Isolated actions or linked together various skills from the twists, combinations and basic somersault actions
- **Style and Control:** The simple moves are performed with style and technique.
- **Skills:** Performs all the basic jumps, all the basic landing positions, four combinations and one of the basic twists.
- **Routine:** Able to perform a 10-bounce routine, see examples on accompanying page.

- **Combinations:** Performs two of the basic landing positions and two of the combinations.
- **Style and Control:** The simple shape moves are performed with style and control
- **Skills:** Seat landing is controlled and shows good tension. The front and back landings may travel and may lack tension and style. Combination moves may lack height, style and control and may need to be attempted more than once.
- **Routine:** Able to perform an 8-bounce routine, see examples on accompanying page.

- **Combinations:** Performs two of the basic landing positions and two of the combinations.
- **Style and Control:** The simple shape moves are performed with some style and control
- **Skills:** Seat landing is controlled and shows tension. The front and back landings may travel and may lack tension and style. Combination moves may lack height, style and control and may need to be attempted more than once.
- **Routine:** Able to perform an 8-bounce routine, see examples on accompanying page.

- **Combinations:** Performs all the basic jumps, one of the basic landing positions and one of the combinations. Good control is shown in the basic jumps with high knees in the tuck jump. Pike and straddle jump may have insufficient leg lift.
- **Style and Control:** Body tension is lacking in the basic jumps
- **Skills:** Basic jumps; straight, tuck, straddle, pike, ½ turn, 1/1 turn. Seat landing may show rounded upper body and does not have pointed toes.
- **Routine:** Able to perform a 6-bounce routine, see examples on accompanying page.

- **Combinations:** Performs all the basic jumps, one of the basic landing positions and one of the combinations. Pike and straddle jump may have insufficient leg lift.
- **Style and Control:** Body tension is lacking in the basic jumps
- **Skills:** Basic jumps; straight, tuck, straddle, pike, ½ turn, 1/1 turn. Seat landing may show rounded upper body and does not have pointed toes. There is no apparent push from hands onto the bed to assist recovery.
- **Routine:** Able to perform a 6-bounce routine, see examples on accompanying page.

Examples of bounce routines		
6 bounce routines (1-2 marks)		
1 Seat drop	1 Seat drop	1 Seat drop
2 To feet	2 To front drop	2 To front drop
3 Tuck jump	3 To feet	3 To feet
4 Pike jump	4 Half-twist	4 Half-twist
5 Straddle jump	5 Tuck jump	5 Tuck jump
6 Half twist	6 Pike jump	6 Pike jump
8 bounce routines (3-4 marks)		
1 Seat drop	1 Full-twist	1 Full-twist
2 To feet	2 Straddle jump	2 Straddle jump
3 Tuck jump	3 Seat drop	3 Seat drop
4 Pike jump	4 Half-twist to seat drop	4 Half-twist to seat drop
5 Straddle jump	5 To feet	5 Half-twist to feet
6 Half-twist	6 Tuck jump	6 Pike jump
7 Front drop	7 Front drop	7 Back jump
8 To feet	8 To feet	8 Half-twist to feet
10 bounce routines		
5-6 marks	7-8 marks	9-10 marks
1 Half-twist	1 Half-twist to front drop	1 Full-twist
2 Tuck jump	2 To feet	2 Pike jump
3 Seat drop	3 Half-twist	3 Seat drop
4 Half- twist to seat drop	4 Tuck jump	4 Half-twist to seat drop
5 To feet	5 Seat drop	5 To feet
6 Pike jump	6 Half-twist to seat drop	6 Straddle jump
7 Back drop	7 Half-twist to feet	7 Back drop
8 To feet	8 Pike jump	8 To feet
9 Straddle jump	9 Straddle jump	9 Tuck jump
10 Full-twist.	10 Full jump.	10 Front somersault (tucked).

Volleyball Level Ladder



10

- **Service:** Able to serve to any position on the court using both types of serve with high level of technical skill.
- **Set:** Able to set from all positions on the court. Can demonstrate high, low and reverse sets and can pass accurately to any target.
- **Dig:** Performs dig to high standard from anywhere on the court, showing accuracy of pass and ability to cope with a powerful serve or smash.
- **Smash and Block:** Hits ball with power, direction and accurate timing. Blocks consistently and very effectively.
- **Game:** Outstanding level of skill and tactical awareness, significant control of the game and makes very few unforced errors.

9

- **Service:** Able to serve to any position on the court using both types of serve with high level of technical skill.
- **Set:** Able to set from all positions on the court. Can demonstrate high, low and reverse sets and can pass accurately to any target.
- **Dig:** Performs dig to high standard from anywhere on the court, showing accuracy of pass and ability to cope with serve or smash.
- **Smash and Block:** Hits ball with power, direction and accurate timing. Blocks effectively.
- **Game:** Outstanding level of skill and tactical awareness, significant influence of the game and makes few unforced errors.

8

- **Service:** Performs both types of service with high level accuracy and placement.
- **Set:** Directs set with accuracy and at the correct height. Is able to achieve correct position to set through speedy footwork.
- **Dig:** Able to dig anywhere on the court and can direct the ball towards the setter.
- **Smash and Block:** Times approach run and jumps accurately. Smashes the ball with some power to a specific position. Performs block accurately with good timing.
- **Game:** Exerts considerable influence, shows high level of skill and makes few unforced errors. Tactical awareness is also evident even under pressure.

7

- **Service:** Performs both types of service with high level of accuracy and some placement.
- **Set:** Directs set with accuracy, usually at the correct height. Is able to achieve correct position to set through speedy footwork. Able to set in different directions.
- **Dig:** Able to dig anywhere on the court and can direct the ball towards the setter.
- **Smash and Block:** Times approach run and jumps accurately. Smashes the ball with some power to a specific position. Performs block with good timing.
- **Game:** Exerts considerable influence, shows high level of skill and doesn't make many unforced errors. Tactical awareness is also evident even under pressure.

6

- **Service:** Displays sound level of technique and accuracy in underarm serve and ability to place ball anywhere on the court. Able to vary height and length of serve.
- **Set:** Good level of skill giving control and accuracy of set and can change direction of set from 'ideal' starting position.
- **Dig:** Plays dig with good height and accuracy in static practice conditions.
- **Smash and Block:** Can smash accurately from static position but is less accurate with an approach run. Good technique in block with good timing and jump.
- **Game:** Makes some contribution to the game with a good command of skills and tactics in evidence, even under pressure.

Volleyball Level Ladder



5

- **Service:** Displays sound level of technique and accuracy in underarm serve and ability to place ball anywhere on the court.
- **Set:** Good level of skill, giving control and accuracy of set from 'ideal' starting position.
- **Dig:** Plays dig with good height and accuracy in static practice conditions.
- **Smash and Block:** Can smash accurately from static position but is less accurate with an approach run. Good technique in block with good timing.
- **Game:** Makes some contribution to the game with a good command of skills and tactics in evidence, but is less consistent under pressure.

4

- **Service:** Starting to show control, consistency and reasonable accuracy in underarm serve.
- **Set:** Ability to set to target is evident but not always at the correct height. Footwork gets them to the correct position.
- **Dig:** Can dig to close by targets in practice situation.
- **Smash and Block:** Smashing and blocking is evident and they contact the ball above this net but the approach and accuracy is inconsistent.
- **Game:** Exhibits individual skills but is affected by the pressures of the game, starting to be more effective in game situations.

3

- **Service:** Starting to show control and reasonable accuracy in underarm serve.
- **Set:** Ability to set to target is evident but not always at the correct height. Footwork allows correct position.
- **Dig:** Can dig to close targets in practice situations but occasionally misjudges height of dig.
- **Smash and Block:** Smashing is evident and they contact the ball above the net but the approach and accuracy is inconsistent.
- **Game:** Exhibits some individual skills but is affected by the pressures of the game, they are starting to be more effective in game situations but lack confidence with skills.

2

- **Service:** Has some control of basic underarm serve from the back of the court.
- **Set:** Is starting to be able to control the set but doesn't bend legs when setting and doesn't always set above their head.
- **Dig:** Can inconsistently dig with basic technique to a nearby target in static practice situations.
- **Smash and Block:** Timing is inconsistent when trying to jump and smash but some success is evident.
- **Game:** Participates with good effort but doesn't impose themselves in competitive situations. Skills are found more difficult in game situations than practice situations.

1

- **Service:** Has some control of basic underarm serve from a differentiated distance.
- **Set:** Is starting to be able to control the set but doesn't bend legs when setting and don't always set above their head in practice situations.
- **Dig:** Can inconsistently dig with basic technique to a nearby target in practice.
- **Smash and Block:** Timing is inconsistent when trying to jump and smash.
- **Game:** Participates but doesn't impose themselves in competitive situations.

Volleyball Level Ladder

