

## LEVEL 1

LEVEL 1				
DESCRIPTOR (To be completed in game-based activity)		1	2	PASS
<b>M1</b>	<i>Demonstrate the ability to move at different speeds (walk, jog, run)</i>			
<b>M2</b>	<i>Demonstrate the ability to move forwards, backwards and to either side</i>			
<b>C1a</b>	<i>Show the correct grip on the stick for an open stick carry</i>			
<b>C1b</b>	<i>Show the correct body position for an open stick carry</i>			
<b>C1c</b>	<i>Perform a technically correct (see C1a &amp; C1b) open stick carry</i>			
<b>C1d</b>	<i>Perform a technically correct (see C1a &amp; C1b) open stick carry showing the ability to stop and go</i>			
<b>C1e</b>	<i>Demonstrate the ability to move a ball from side to side using the open and reverse stick</i>			
<b>C2</b>	<i>Perform a push off the left foot with adequate pace and accuracy</i>			
<b>C3</b>	<i>Perform a hit with adequate pace and accuracy</i>			
<b>C4</b>	<i>Perform a slap with adequate pace and accuracy</i>			
<b>C5</b>	<i>Demonstrate the ability to receive a push pass to the open stick from in front</i>			
<b>C6a</b>	<i>Show an understanding of how to correctly engage and eliminate an opponent (use of feint before skill whilst remaining direct)</i>			
<b>C6b</b>	<i>Perform an elimination (i.e. drag right, drag left, run around)</i>			
<b>C7a</b>	<i>Show an understanding of the correct body position for defending a 1v1</i>			
<b>C7b</b>	<i>Perform an open stick block tackle</i>			
<b>G1</b>	<i>Show an ability to listen to and carry out instructions</i>			
<b>G2</b>	<i>Display the ability to participate in a team environment</i>			
<b>G3</b>	<i>Display a positive and encouraging attitude</i>			