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| Learner stage | **AUTUMN TERM**  What I should know, understand, be able to explain or do |
| Exceptional Mastery (E) | **(The performer)** I can link core skills with precision, control and fluency in a competitive situation in the activities that I have studied this term  **(The sports scientist)** I can explain the physical effects of a warm up and why it is necessary  **(The coach)** I can effectively use feedback to improve my own performance |
| Advancing mastery (A) | **(The performer)** I can accurately apply core skills in a competitive situation in the activities that I have studied this term  **(The sports scientist)** I can demonstrate a range of stretches for different muscles  **(The coach)** I can comment on both my own and others’ performance (1 strength and 1 area for improvement) |
| Secure mastery (S) | **(The performer)** I can perform relevant core skills and actions in an active situation in the activities that I have studied this term  **(The sports scientist)** I can demonstrate an appropriate pulse raiser  **(The coach)** I can comment on my own performance (1 strength and 1 area for improvement) |
| Developing mastery (D) | **(The performer)** I can perform relevant core skills and actions in isolation in the activities that I have studied this term  **(The sports scientist)** I can identify and explain 3 parts of a warm up (pulse raiser, stretches, skill aspect)  **(The coach)** I can identify teaching points for some skills and techniques |
| Emerging mastery (F) | **(The performer**) I can perform a small number of core skills and actions in a passive situation in the activities that I have studied this term  **(The sports scientist)** I understand when you should carry out a warm up  **(The coach)** I can identify similarities and differences in performances |