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| Learner stage | What I should know, understand, be able to explain or do |
| Exceptional Mastery (E) | Safely perform all 6 contemporary Dance Actions as a motif demonstrating at least all features of the style.  Apply developed choreography tools to the dance; (speed, levels and direction) and apply a highlight to create an effect.  I can observe a contemporary dance and discuss it with clear knowledge and understanding of the style and use dance language in the style. |
| Advancing mastery (A) | Safely perform all 6 contemporary Actions as a motif demonstrating at least 3 features of the style.  Apply clear choreography tools to the dance; (speed, levels and direction, canon and unison).  I can observe a contemporary dance and discuss it with some clear knowledge and some clear understanding of the style and use dance language in the style. |
| Secure mastery (S) | Safely perform all 6 contemporary Dance Actions as a motif demonstrating at least 3 features of the style.   Apply at least 2 basic choreography tools to the dance; (speed, levels and direction, canon and unison).  I can observe a contemporary dance and discuss it with some knowledge and some understanding and use some dance language in the style. |
| Developing mastery (D) | Safely perform all 6 contemporary Dance Actions as a motif demonstrating at least 2 features in the style.  Apply 1 basic choreography tool to the dance; (speed, levels and direction).  I can observe a contemporary dance and show some knowledge and understanding in the style. |
| Emerging mastery (F) | Safely perform all 6 contemporary Dance Actions as a motif demonstrating at least 1 feature of the style.  I can observe a contemporary dance and show basic knowledge of the style. |

Year 7- Contemporary dance.