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| Learner stage | **SPRING 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 demonstrate a range of both static and dynamic stretches**(The leader)** I can lead a pulse raiser and stretches to half a class |
| 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 understand the difference between a dynamic and static stretch**(The leader)** I can lead a pulse raiser and stretches to a small group (approx. 3) |
| 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 name and locate 6 major muscles**(The leader)** I can lead a pulse raiser to a small group (approx. 3) |
| Developing mastery (D) | **(The performer)** I can perform relevant core skills and actions in a passive situation in the activities that I have studied this term**(The sports scientist)** I can name and locate 4 major muscles**(The leader)** I can set up equipment safely on my own |
| 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 can name and locate 2 major muscles**(The leader)** I can set up basic equipment with teacher guidance |