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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 perform advanced skills with precision, control, fluency and consistency in a competitive situation in the activities that I have studied this term  **(The sports scientist)** I can explain a wide range of short-term effects of exercise and why they happen  **(The coach)** I can change my technique based on feedback to improve performance |
| Advancing mastery (A) | **(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 some short-term effects of exercise  **(The coach)** I can effectively use feedback to improve my own performance |
| Secure mastery (S) | **(The performer)** I can accurately apply core skills in a competitive situation in the activities that I have experienced this term  **(The sports scientist)** I can identify 3 short term effects of exercise  **(The coach)** I can comment on both my own and others’ performance (1 strength and 1 area for improvement) |
| Developing mastery (D) | **(The performer)** I can perform relevant core skills and actions in an active situation in the activities that I have experienced this term  **(The sports scientist)** I know what a short-term effect of exercise is and can describe two ways my body reacts to exercise  **(The coach)** I can comment on my own performance (1 strength and 1 area for improvement) |
| Emerging mastery (F) | **(The performer**) I can perform relevant core skills and actions in isolation in the activities that I have experienced this term  **(The sports scientist)** I can describe one way my body reacts to exercise  **(The coach)** I can identify teaching points for some skills and techniques |