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| Learner stage | What I should know, understand, be able to explain or do  Year 8- Skills |
| Exceptional Mastery (E) | I can safely demonstrate a broad range of outstanding skills.    I can observe a skill and discuss it with clear knowledge and understanding of the skill in performance. I understand how to improve it and why it is important to a dancer. |
| Advancing mastery (A) | I can safely demonstrate some outstanding skills.    I can observe a skill and define it and I can discuss it with some clear knowledge and some clear understanding of the skill in performance. |
| Secure mastery (S) | I can safely perform a range of highly developed skills.    I can observe a skill and discuss it with some knowledge and some understanding and use some dance language to describe the skill. |
| Developing mastery (D) | I can demonstrate 4 skills to a good standard when I am performing.    I can observe a skill and show some knowledge and understanding of it. |
| Emerging mastery (F) | I can demonstrate 2 skills soundly. (Physical, Technical, mental and expressive)    I can observe a skill and show basic knowledge of it. |