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| Learner stage | **SUMMER 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 describe 4 different methods of training and explain which physical activities they would be useful for  **(The tactician)** I can apply tactics to competitive situations and suggest tactics 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 describe 4 different methods of training  **(The tactician)** I have a wide knowledge of different tactics and formations in the activities I have undertaken this term |
| Secure mastery (S) | **(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 describe 2 different methods of training  **(The tactician)** I can select and apply skills based on my own and others’ strengths and weaknesses |
| Developing mastery (D) | **(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 2 different methods of training  **(The tactician)** I can select and apply skills, techniques and ideas to different situations to promote success. |
| Emerging mastery (F) | **(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 know what a method of training is  **(The tactician)** I know the basic rules/scoring system for the activities I have undertaken this term |