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| Learner stage | What I should know, understand, be able to explain or doYear 9-safe dance  |
| Exceptional Mastery (E) | I can outline the key areas of safe dance practice and share knowledge and understanding of the key components for each of the areas. I can discuss the effect and impact this has on a dancer and give a rationale.I can demonstrate safe dance practice in the warm up, the motif and the cool down with confidence and also support others in improving their safe dance practice. I have knowledge on devising a warm up and can confidently recall the key areas of the warm up.I can use some sophisticated subject specific language. |
| Advancing mastery (A) | I can outline the key areas of safe dance practice and share knowledge and understanding of the key components for each of the areas. I can discuss the effect and impact this has on a dancer.I can demonstrate safe dance practice in the warm up, the motif and the cool down with confidence.I have knowledge on devising a warm up and can confidently recall the key areas of the warm up.I can use some developed subject specific language. |
| Secure mastery (S) | I can outline the key areas of safe dance practice and share knowledge and understanding of the key components for each of the areas.I can demonstrate safe dance practice in the warm up, the motif and the cool down.I have knowledge on devising a warm up and can confidently recall the key areas of the warm up.I can use some good subject specific language. |
| Developing mastery (D) |  I can outline the key areas of safe dance practice and share knowledge of the key components for each of the areas.I can demonstrate safe dance practice in the warm up and cool down.I have knowledge on devising a warm up and can confidently recall the key areas of the warm up.I can use some sound subject specific language. |
| Emerging mastery (F) | I can outline the key areas of safe dance practiceI can demonstrate safe dance practice in a warm upI can use some basic subject specific language.  |