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| Learner stage | What I should know, understand, be able to explain or do  Year 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 practice  I can demonstrate safe dance practice in a warm up  I can use some basic subject specific language. |