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| Learner stage | **SPRING TERM**  What I should know, understand, be able to explain or do |
| Exceptional Mastery (E) | **(The performer)** I am an outstanding performer and can consistently use advanced skills and techniques with excellent accuracy, control, fluency and precision in the activities I have studied this term.  **(The sports scientist)** I can explain what a training zone is and understand how to use my heart rate to determine which training zone I am in  **(The leader)** I can plan and lead a drill to improve the performance of others |
| Advancing mastery (A) | **(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 understand why we use training zones  **(The leader)** I can lead a warm up for a full class, including a pulse raiser and stretches, communicating effectively |
| Secure mastery (S) | **(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 know the difference between aerobic and anaerobic exercise  **(The leader)** I can lead a pulse raiser and stretches to half a class |
| Developing mastery (D) | **(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 accurately take my heart rate and understand what happens to it during and after physical activity  **(The leader)** I can lead a pulse raiser and stretches to a small group (approx. 3) |
| Emerging mastery (F) | **(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 accurately take my heart rate  **(The leader)** I can lead a pulse raiser to a small group (approx. 3) |