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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 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 know the difference between a hinge and ball and socket joint and can identify the types of movement that take place at each of these joints (flexion, extension, adduction, abduction)  **(The tactician)** I can adapt and change my tactics within a competitive situation to suit the situation |
| 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 know 4 different types of movement and can give a sporting example for each  **(The tactician)** I can apply tactics to competitive situations and suggest tactics to improve performance |
| 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 4 different types of movement and can demonstrate them  **(The tactician)** I have a wide knowledge of different tactics and formations in the activities I have undertaken this term |
| 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 demonstrate flexion and extension  **(The tactician)** I can select and apply skills based on my own and others’ strengths and weaknesses |
| 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 understand what a joint is and can identify where joints are in my body  **(The tactician)** I can select and apply skills, techniques and ideas to different situations to promote success. |