



Key Stage 3 PE Personalised Learning Checklist

Name: _____

Teacher	
Sport	

My Band is	
Group	

My Attainment is: _____

G	I am confident about this topic and I know what I need to do.
A	I am not too sure about this topic. I may need to check with my teacher and spend more time working on this topic.
R	I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to do it.

Topic/Unit Focus: Athletics				REVIEW		
Skills	R	A	G	R	A	G
Attempts all throwing events, applying the basic technique and gaining some success.						
Attempts to apply movement before throwing to increase the distance thrown.						
Perform basic technique to gain success within jumping events (long jump, triple jump).						
Know their take off foot and apply this to the run up within jumping events.						
Apply sprinting technique to run as fast as possible over short distances.						
Apply pace to running technique when running longer distances.						
Complete a relay change over effectively to gain success.						
Effective timing and measuring to assess performances.						

Understanding	R	A	G	R	A	G
Can identify the key teaching points to perform the throwing events accurately.						
Understand how movement before a throw can improve distance and how this is applied to the different throwing events.						
Understand the benefits of a run up in jumping events and apply this to performance.						
Understand the different running distances and how performance and technique will differ.						
Understand how to gain success within the relay.						
Understand the rules associated with each event.						
Understand how to carry and use equipment safely.						

Performance	R	A	G	R	A	G
Attempt all events and record time/distance (100m, 200m, 400m, 800m, 1500m, relay, discuss, shot put, javelin, long jump and Triple jump).						
Using success criteria evaluate performances identifying strengths and areas for improvement.						

Strengths

Areas For Improvement