



## Key Stage 3 PE Personalised Learning Checklist

Name: \_\_\_\_\_

<b>Teacher</b>	
<b>Sport</b>	

<b>My Band is</b>	
<b>Group</b>	

My Attainment is:

<b>G</b>	I am confident about this topic and I know what I need to do.
<b>A</b>	I am not too sure about this topic. I may need to check with my teacher and spend more time working on this topic.
<b>R</b>	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: <b>Gymnastics</b>	REVIEW					
Skills	R	A	G	R	A	G
Travel in a variety of ways showing control in practice and performance.						
Balance effectively showing tension, extension, focus and stillness.						
Evaluate own and others performances against success criteria, identifying strengths and areas for improvement.						
Use apparatus effectively and safely.						
Use imaginative floor space within floor routines.						

Understanding	R	A	G	R	A	G
Understand what different balances are and apply this to performances.						
Understand what success looks like in gymnastics.						
Understand how apparatus can be used to improve performance.						
Understand the safety aspects of using apparatus.						

Performance	R	A	G	R	A	G
Able to perform basic floor routines with balances and linking movements showing control and performance style.						
Able to use apparatus effectively within routines safely.						
Imaginative floor space used within floor routines to aid performance.						

Strengths

Areas For Improvement