



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: Health and Fitness	REVIEW					
Skills	R	A	G	R	A	G
Completes all movements accurately to have maximal impact.						
Completes movements needed within the varied training methods to impact fitness levels.						
Runs at a manageable pace to keep going for a continuous time to improve aerobic endurance (12mins).						
Completes all phases of a warm-up effectively to prepare for exercise.						
Able to take heart rate readings at different stages of a lesson and compare them to each other.						

Understanding	R	A	G	R	A	G
Understand the health benefits of exercise and a good level of fitness.						
Understand what different heart rate values mean/show during exercise.						
Know the different muscle groups within the body.						
Be able to identify the different phases of a warm-up and why these are important.						
Be able to identify different training methods and what they improve.						

Performance	R	A	G	R	A	G
Applies maximum effort the perform at their best.						
Performs warm-ups effectively to prepare for exercise.						
Actively participates in different training methods to maximise impact on fitness.						
Attempt to train at 60% intensity throughout the lessons.						
Good technique throughout the lesson (may drop due to fatigue).						

Strengths

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Areas For Improvement

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