



# Key Stage 3 PE Personalised Learning Checklist

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

Teacher	
Sport	

My Band is	
Group	

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: 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 health related fitness tests effectively, recording levels.						
Accurately replicate interval training techniques.						
Able to take rest, working and recovery heart rates.						

Understanding	R	A	G	R	A	G
Understand what is meant by circuit training and how this can be altered to make training harder and sports specific.						
Understand components of fitness, how they are used in performances and how they are tested.						
Understand the relationship between test scores and performance.						
Understand heart rates, what they show us and what this means to our fitness.						
Understand what is meant by interval training and how this is used by athletes.						

Performance	R	A	G	R	A	G
Applies maximum effort the perform at their best.						
Work effectively with others in order to maximise performance.						
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.						
Acknowledge changes in the body in response to exercise.						

<b>Strengths</b>

<b>Areas For Improvement</b>