



# 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: Gymnastics				REVIEW		
Skills	R	A	G	R	A	G
Able to take off in a variety of ways effectively.						
Able to land effectively after flight applying the correct technique.						
Able to use a variety of apparatus to gain flight.						
Perform body positions within flight, applying tension and extension.						
Perform successful vault.						

Understanding	R	A	G	R	A	G
Understand the safety aspects surrounding flight in gymnastics.						
Understand what flight is and how it fits into the principle of gymnastics.						
Understand how to increase power within a run up and the impact this has on performance.						
Understand the terms tension and extension and the impact these have on performance.						
Understand what success looks like in gymnastics and the area of flight.						

Performance	R	A	G	R	A	G
Perform flight from a variety of different apparatus, applying the key safety principles.						
Able to use apparatus effectively within routines safely.						
Include power within the run up to increase performance.						
Perform flight to include different body positions.						
Vault effectively to gain success.						

**Strengths**

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**Areas For Improvement**

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