



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: Dance				REVIEW		
Skills	R	A	G	R	A	G
Accurately learn and perform a set piece around the chosen theme, showing control, fluency and performance style.						
Explore and apply the relevant theme through appropriate movements and techniques.						
Work effectively as part of a small group to develop their own motif around the chosen theme.						
Apply the basic ingredients of dance to performances.						
Show focus and confidence when performing to others.						

Understanding	R	A	G	R	A	G
Understand the chosen theme and can identify the types of performance characteristics that should be included.						
Understand what a motif is and how they can work with a small group to plan and perform their own.						
Understand what is meant by the ingredients of dance, acknowledging the impact this has on the audience.						
Understand what success looks like in dance, using this to effectively analyse their own and others performances.						

Performance	R	A	G	R	A	G
Performance shows control, fluency and performance characteristics of the chosen theme.						
Performance of a set piece is accurate and shows control, fluency and performance style.						
Development of group motifs to fit the chosen theme and are performed accurately.						
Performances show confidence and focus throughout.						

Strengths

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Areas For Improvement

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