



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: Athletics	REVIEW					
Skills	R	A	G	R	A	G
Attempts all throws with developed technique and gains success.						
Performs both jumps accurately applying a solid technique including; run up, arms and legs.						
Distinguishes between the technique required for sprinting and longer distance runs and is able to demonstrate this through performance to gain success.						
Works successfully as part of a team to run different events.						
Make decisions based on strengths within a team and that of the opposition.						

Understanding	R	A	G	R	A	G
Understand what is required to run an event successfully.						
Understand the rules associated with each event.						
Understand how to carry and use equipment safely.						
Understand how to effectively time/measure events.						
Understand what success looks like and how this can have impact within athletics.						

Performance	R	A	G	R	A	G
Applies maximum effort to all events.						
Plays and active role in running events within different disciplines.						
Attempt all events and record time/distance (100m, 200m, 400m, 800m, 1500m, relay, discus, shot put, javelin, long jump and Triple jump).						
Recognises strength and areas for improvement within performance and identify was in which to improve.						

Strengths

Areas For Improvement

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