



# 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 |
| Effective take off and landings used in a variety of situations to gain success.                                  |   |   |   |        |   |   |
| Use a partner as an obstacle effectively.   |   |   |   |        |   |   |
| Follow different pathways, showing imaginative ways of going over, under, through and around different obstacles. |   |   |   |        |   |   |
| Use apparatus effectively in performance.   |   |   |   |        |   |   |
| Use varied movements with control.  |   |   |   |        |   |   |

| Understanding   | R | A | G | R | A | G |
|---|---|---|---|---|---|---|
| Identify what Parkour is and how it fits into the area of gymnastics.   |   |   |   |   |   |   |
| Understand how skills they have learnt previously can be transferred to gain success within different situations. |   |   |   |   |   |   |
| Identify the key safety aspects when performing and apply them effectively.                                       |   |   |   |   |   |   |
| Understand what success looks like  |   |   |   |   |   |   |

| Performance  | R | A | G | R | A | G |
|--|---|---|---|---|---|---|
| Use imagination when performing within a number of different situations.                                 |   |   |   |   |   |   |
| Work with a partner or small group to develop own sequences and pathways of travel, showing imagination. |   |   |   |   |   |   |
| Safety aspects applied.  |   |   |   |   |   |   |
| Assess own and others performances, highlighting strengths and areas for improvement.                    |   |   |   |   |   |   |

| Strengths |
|-----------|
|           |

| Areas For Improvement |
|-----------------------|
|                       |

