



## Key Stage 3 PE Personalised Learning Checklist

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

<b>Teacher</b>	
<b>Sport</b>	

<b>My Band is</b>	
<b>Group</b>	

**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: Dance				REVIEW		
Skills	R	A	G	R	A	G
Apply performance characteristics of the chosen theme confidently within performance.						
Perform key movements showing control, fluency and performance style in relation to the chosen theme.						
Work effectively as part of a partnership or small group to develop own dance around the given theme, responding imaginately.						
Explore and apply the ingredients of dance.						
Independently explore and apply the relevant theme through appropriate movements and techniques.						
Focus fully when performing showing confidence throughout.						

Understanding	R	A	G	R	A	G
Understand the chosen theme and identify the types of performance characteristics that should be included.						
Understand the impact of the ingredients of dance on the audience.						
Show clear understanding of expression and performance where appropriate to the dance theme through well-structured movements.						
Understand what success looks like in dance.						

Performance	R	A	G	R	A	G
Respond imaginately to the given theme, producing a dance.						
Maximise performances through the application of the ingredients of dance.						
Acknowledge the use of choreography to develop dance pieces, showing structure.						
Perform showing a high level of body control, confidence, focus and rhythm whilst sticking to the given theme.						
Assess own and others performances, identifying strengths and areas for improvement.						

**Strengths**

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**Areas For Improvement**

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