



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: Health and Fitness				REVIEW		
Skills	R	A	G	R	A	G
Completes all movements accurately to have maximal impact.						
Accurately replicate interval training techniques.						
Able to describe the changes in the body as a result of exercise.						
Effectively take and record resting, working and recovery heart rates.						
Accurately replicate fartlek training techniques and understand how to set up a session.						
Accurately complete varied fitness tests, identifying the component of fitness being tested.						
Complete with accurate movements sports specific circuits.						
Working effectively with others design and set up and 8 station circuit.						

Understanding	R	A	G	R	A	G
Understand how different training methods are used by elite athletes.						
Understand how fitness tests paint a picture of fitness.						
Understand how fitness circuits can be made sports specific and the impact they can have.						
Understand the process of setting up a circuit and how to make them effective.						

Performance	R	A	G	R	A	G
Applies maximum effort to perform at their best.						
Work effectively with others in order to maximise performance.						
Actively participates in different training methods to maximise impact on fitness.						
Attempt to train at 60% intensity throughout the lessons.						
Good technique throughout the lesson.						
Acknowledge changes in the body in response to exercise.						

Strengths

Areas For Improvement