



# GCSE / A Level

## ADD SUBJECT TITLE



### Personalised Learning Checklist

Name:

Exam Board	
Topic/Module	

My target grade is	
Group	

My current Grade is:	Autumn:	Spring:	Summer:
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Use this checklist before your assessment to focus your work and after to check the effectiveness of your work.

<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.

Week	Topic/Unit Focus	R	A	G
	Learning Aim A: Explore the importance of fitness for sports performance	R	A	G
	A.1a Describe 6 components of Physical Fitness			
	A.1b Describe 5 components of skill related fitness			
	A.1c Explain how the fitness components are used in different sports (particular focus on different positions in team sports)			
	A.2a Understand the FITT principles of training and how they can be applied to training programmes			
	A.2b Understand the additional principles of training and how they can be applied to training programmes			
	A.3a Understand how to measure Heart rate			
	A.3b Calculate max HR			
	A.3c Calculate upper and lower training zones			
	A.3d Use the Borg Scale (RPE) to measure exercise intensity.			
	A.3e Know the relationship between RPE and HR			
		R	A	G

<b>Therapy (Interventions)</b>
<b>Additional Support / Guidance</b>