GCSE / A Level

PE Comp Aim B

Personalised Learning Checklist

Name:

Exam Board		**My target grade is**	
Topic/Module		**Group**	

My current Grade is:	Autumn:	Spring:	Summer:

Use this checklist before your assessment to focus your work and after to check the effectiveness of your work.

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.

Week	Topic/Unit Focus			
	Learning Aim B: Investigate fitness testing to determine fitness levels	**R**	**A**	**G**
	B.1a Understand the reasons for fitness testing			
	B.1b Describe the different pre-test procedures			
	B.1c Understand how fitness tests are reliable, valid and practical			
	B.2a Describe the fitness tests for Aerobic Endurance			
	B.2b Describe the fitness tests for Muscular Endurance			
	B.2c Describe the fitness tests for Muscular Strength			
	B.2d Describe the fitness tests for Flexibility			
	B.2e Describe the fitness tests for Speed			
	B.2f Describe the fitness tests for Body Composition			
	B.3a Describe the fitness tests for Agility			
	B.3b Describe the fitness tests for Balance			
	B.3c Describe the fitness tests for Coordination			
	B.3d Describe the fitness tests for Power			
	B.3e Describe the fitness tests for Reaction Time			
	B.4 Explain and interpret the fitness test results from published normative data			
		R	**A**	**G**

Therapy (Interventions)
Additional Support / Guidance