GCSE/BTEC

ADD SUBJECT TITLE

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 C: Investigate different fitness training methods	**R**	**A**	**G**
	C.1a Understand what is involved in a Warm Up/Cool Down and why a Warm Up/Cool Down is important			
	C.2a Describe the Aerobic Endurance Fitness Training Methods			
	C.2b Describe the Muscular Endurance Fitness Training Methods			
	C.2c Describe the Muscular Strength Fitness Training Methods			
	C.2d Describe the Speed Fitness Training Methods			
	C.2e Describe the Flexibility Fitness Training Methods			
	C.3a Describe the Agility Fitness Training Methods			
	C.3b Describe the Balance Fitness Training Methods			
	C.3c Describe the Coordination Fitness Training Methods			
	C.3d Describe the Power Fitness Training Methods			
	C.3e Describe the Reaction Time Fitness Training Methods			
	C.4 Explain the additional requirements for EACH of the fitness training methods for all components of fitness (Ads/Dis)			
	C.5 Explain the provision for taking part in fitness training methods (Ads/Dis for Public, Private and Voluntary)			
	C.6 Explain the effects of long term fitness training on the body systems			
		R	**A**	**G**

Therapy (Interventions)
Additional Support / Guidance