



# GCSE / BTEC

## 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
	<b>Learning Aim D: Investigate fitness programming to improve fitness and sports performance</b>			
	D.1 Describe the personal information required before planning a fitness training programme			
	D.2 Be able to use personal information to design a fitness training programme			
	D.3a Understand the different motivational techniques for fitness training programming (intrinsic/extrinsic)			
	D.3b Understand how SMARTER can be used to set goals			
	D.3c Understand how effective goal setting can influence motivation levels			

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