**Little Heath Sixth Form**

**(Subject)** Personal Learning Checklist

**Student Name: ……………………….…………………………………..………**

|  |  |
| --- | --- |
| **Unit Name:** Principles of Anatomy and Physiology in Sport | **Unit Code:** Unit 1 |
| *Minimum Target Grade:* | *Aspirational Target Grade:* |

*KEY:* ***Red =*** *with difficulty* ***Amber*** *= not sure* ***Green*** *= yes*

|  |  |  |  |
| --- | --- | --- | --- |
| **GCSE Re-Cap (Skills and Knowledge)** | **Red** | **Amber** | **Green** |
| * Structure and function of the skeletal system
 |  |  |  |
| * Structure and function of the muscular system
 |  |  |  |
| * Structure and function of the cardiovascular system
 |  |  |  |
| * Structure and function of the respiratory system
 |  |  |  |
| * Different types of energy systems
 |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Skills**  | **Red** | **Amber** | **Green** | **To address this before the exam I will:-** |
| * Be able to label a diagram of the skeleton
 |  |  |  |  |
| * Be able to label a diagram of the muscles
 |  |  |  |  |
| * To be able to label a diagram of the heart
 |  |  |  |  |
| * To be able to label a diagram of the respiratory system
 |  |  |  |  |
| **Knowledge/Specification** |  |  |  |  |
| * Describe the structure and function of the skeletal system
 |  |  |  |  |
| * Describe the different classifications of joints
 |  |  |  |  |
| * Identify the location of the major muscles in the human body
 |  |  |  |  |
| * Describe the function of the muscular system and the different fibre types
 |  |  |  |  |
| * Describe the structure and function of the cardiovascular system
 |  |  |  |  |
| * Describe the structure and function of the respiratory system
 |  |  |  |  |
| * Describe the three different energy systems and their use in sport and exercise activities
 |  |  |  |  |

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| **COURSEWORK****Use the information on this checklist to ensure you have everything you need to complete your coursework** |

**Grade tracking:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| *Grade* | *Date* | *Grade* | *Date* | *Grade* | *Date* |
|  |  |  |  |  |  |
| *Grade* | *Date* | *Grade* | *Date* | *Grade* | *Date* |
|  |  |  |  |  |  |

*Note: You should discuss this checklist regularly with your subject teacher/mentor*