**IHeath Sixth Form**

**(Subject)** Personal Learning Checklist

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

|  |  |
| --- | --- |
| **Unit Name:** The Physiology of Fitness | **Unit Code:** Unit 2 |
| *Minimum Target Grade:* | *Aspirational Target Grade:* |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **GCSE Re-Cap (Skills and Knowledge)** | **Red** | **Amber** | **Green** |
| * Know the body’s response to acute exercise
 |  |  |  |
| * Know the long – term effects of exercise on the body systems
 |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Skills**  | **Red** | **Amber** | **Green** | **To address this before the exam I will:-** |
| * Collecting physiological data on the effects of exercise on the musculoskeletal, cardiovascular, respiratory systems and energy systems
 |  |  |  |  |
| **Knowledge/Specification** |  |  |  |  |
| * Describe the musculoskeletal and energy systems response to acute exercise
 |  |  |  |  |
| * Describe the cardiovascular and respiratory responses to acute exercise
 |  |  |  |  |
| * Describe the long – term effects of exercise on the musculoskeletal systems and energy systems
 |  |  |  |  |
| * Describe the long – term effects of exercise on the cardiovascular and respiratory systems
 |  |  |  |  |
| * Collect physiological data to investigate the effects of exercise on the musculoskeletal, cardiovascular, respiratory and energy systems
 |  |  |  |  |
| * Review physiological data collected, describing the effects of exercise on the musculoskeletal, cardiovascular, respiratory and energy systems
 |  |  |  |  |

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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*