**Heath Sixth Form**

**(Subject)** Personal Learning Checklist

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

|  |  |
| --- | --- |
| **Unit Name:** Fitness Testing for Sport and Exercise | **Unit Code:** Unit 7 |
| *Minimum Target Grade:* | *Aspirational Target Grade:* |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **GCSE Re-Cap (Skills and Knowledge)** | **Red** | **Amber** | **Green** |
| * Carrying out fitness tests
 |  |  |  |
| * Interpret fitness test results
 |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Skills**  | **Red** | **Amber** | **Green** | **To address this before the exam I will:-** |
| * Prepare a health screening questionnaire
 |  |  |  |  |
| * Carry out four different health monitoring tests for two contrasting individuals
 |  |  |  |  |
| * Safely administer six different fitness tests for a selected individual, recording the findings
 |  |  |  |  |
| **Knowledge/Specification** |  |  |  |  |
| * Describe one test for each component of physical fitness, including advantages and disadvantages
 |  |  |  |  |
| * Prepare an appropriate health screening questionnaire
 |  |  |  |  |
| * Devise and use appropriate health screening procedures for two contrasting individuals
 |  |  |  |  |
| * Safely administer and interpret the results of four different health monitoring tests for two contrasting individuals
 |  |  |  |  |
| * Select and safely administer six different fitness tests for a selected individual recording the findings
 |  |  |  |  |
| * Give feedback to a selected individual, following fitness testing, describing the test results and interpreting their levels of fitness against normative data
 |  |  |  |  |

|  |
| --- |
| **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*