

GCSE Physical Education: PERSONALISED LEARNING CHECKLIST

	Red	Amber	Green	Revised Tick <input checked="" type="checkbox"/>
Area of Study: 1.1.1. Healthy, active lifestyles and how they could benefit you				
The three categories of a healthy, active lifestyle				
Benefits of taking part in physical activity				
Reasons for taking part in physical activity				
Area of Study: 1.1.2 influences on your healthy, active lifestyle				
Influences on taking part				
Opportunities for getting involved in sports				
Sports participation pyramid				
Area of Study: 1.1.3 Exercise and fitness as part of your healthy, active lifestyle				
Health, exercise, fitness and performance				
The five components of health-related exercise				
The six components of skill-related fitness				
Area of Study: 1.1.4 Physical activity as part of your healthy, active lifestyle				
Assessing your fitness levels				
The principles of training				
Goal setting				
Methods of training				
The exercise session				
Comparing two types of training sessions				
Analysing training sessions				
Area of Study: 1.1.5 Your personal health and well-being				
The link between exercise, diet, work and rest				
Dietary intake and performance				
<i>I am most confident with the following topic/topics:</i>				
<i>I have struggled most with the following topic/topics:</i>				

	Red	Amber	Green	Revised Tick <input checked="" type="checkbox"/>
Area of Study: 1.2.1 Physical activity and your healthy mind and body				
Different body types				
Optimum weight				
Weight-related conditions				
Performance enhancing and recreational drugs				
Risk assessment and preventing injuries				
Area of Study: 1.2.2. A healthy, active lifestyle and your cardiovascular system				
The cardiovascular system during exercise				
Regular exercise and the cardiovascular system				
The effect of lifestyle on the cardiovascular system				
Area of Study: 1.2.3. A healthy, active lifestyle and your respiratory system				
The respiratory system				
Immediate and long-term effects of exercise on the respiratory system				
The effect of lifestyle on the respiratory system				
Area of Study: 1.2.4. A healthy, active lifestyle and your muscular system				
The muscular system				
Exercising the muscular system				
Lifestyle, performance enhancing drugs and the muscular system				
Area of Study: 1.2.5 A healthy, active lifestyle and your skeletal system				
The skeletal system				
Joints and movement				
Exercise and the skeletal system				
Injuries to the skeletal system and the importance of diet				
<i>I am most confident with the following topic/topics:</i>				
<i>I have struggled most with the following topic/topics:</i>				

