**Heath Sixth Form**

**(Subject)** Personal Learning Checklist

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

|  |  |
| --- | --- |
| **Unit Name:** Assessing Risk in Sport | **Unit Code:** Unit 3 |
| *Minimum Target Grade:* | *Aspirational Target Grade:* |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **GCSE Re-Cap (Skills and Knowledge)** | **Red** | **Amber** | **Green** |
| * Key factors that influence healthy and safety in sport
 |  |  |  |
| * Risk assessments
 |  |  |  |
| * Maintaining the safety of participants and colleagues in a sports environment
 |  |  |  |
| * Planning a safe sporting activity
 |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Skills**  | **Red** | **Amber** | **Green** | **To address this before the exam I will:-** |
| * Be able to produce two risk assessments
 |  |  |  |  |
| * Be able to plan a sporting activity
 |  |  |  |  |
| **Knowledge/Specification** |  |  |  |  |
| * Describe legislative factors that influence health and safety in sport
 |  |  |  |  |
| * Describe legal factors and regulatory bodies that influence health and safety in sport
 |  |  |  |  |
| * Carry out risk assessments for two different sports activities
 |  |  |  |  |
| * Describe three procedures used to promote and maintain a healthy and safe sporting environment
 |  |  |  |  |
| * Produce a plan for the safe delivery of a selected sports activity and review the plan
 |  |  |  |  |

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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*