**Personalised Learning Checklist**

Subject: BTEC Sport Level 3 **Extended Certificate**

Year group: 12 into 13

Dear Student,

During the academy closure you have been set a number of tasks. The list below is the learning you should have completed. Your teacher will use the list to check your progress during this time. It may be used for short quizzes, mini assessments or homework. Where there are gaps your lessons will focus on improving your knowledge and understanding.

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| **Unit 2** Objective | My personal RAG rating (Red- do not understand, Amber- some understanding, Green- I am confident | Teacher RAG rating |
| Health, exercise and fitness definitions | RED | AMBER | GREEN |  |
| Know and explain the 6 lifestyle factors | RED | AMBER | GREEN |  |
| Health benefits of exercise | RED | AMBER | GREEN |  |
| Psychological benefits of exercise | RED | AMBER | GREEN |  |
| Social benefits of exercise | RED | AMBER | GREEN |  |
| Economic benefits of exercise | RED | AMBER | GREEN |  |
| Components of a balanced diet | RED | AMBER | GREEN |  |
| TBC | RED | AMBER | GREEN |  |

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| **Unit 3** Objective | My personal RAG rating (Red- do not understand, Amber- some understanding, Green- I am confident | Teacher RAG rating |
| 2x Job Summary, Opportunities, Prospects and Job Requirements | RED | AMBER | GREEN |  |
| Career Development Pathway  | RED | AMBER | GREEN |  |
| Opportunities for CPD | RED | AMBER | GREEN |  |
| Skills Audit (General and Specific) | RED | AMBER | GREEN |  |
| CDAP 1: (Interests, Accomplishments, Qualities, Previous Experience, Qualifications, Employability skills, Technical skills) | RED | AMBER | GREEN |  |
| SWOT Analysis | RED | AMBER | GREEN |  |
| Report of justification: (Strengths, Weaknesses, Overcoming Weaknesses) | RED | AMBER | GREEN |  |
| CDAP 2: (Training aims, Educational aims, Experiential aims and Professional development aims) | RED | AMBER | GREEN |  |
| Bibliography | RED | AMBER | GREEN |  |
| Portfolio of Evidence | RED | AMBER | GREEN |  |