AS LEVEL PE - PROGRESS / TRACKING SHEET

LINEAR MOTION

TARGET GRADE	
Current Working at Grade	

	Start of Unit			Interim Check			End of Unit		
TOPICS	R	A	G	R	A	G	R	A	G
You can define the scalars mass, speed and distance, giving equations and units of measurement									
You can define the vectors weight, velocity, displacement, acceleration and momentum, giving equations and units of measurements									
You can demonstrate the ability to plot, label and interpret biomechanical graphs and diagrams									
You understand the forces acting on a performer during linear motion									
You can explain the relationship between impulse and increasing and decreasing momentum in sprinting through the interpretation of force/time graphs									