16–18 years

Practical skills tracking
Use these tools to help you to …

1. Obtain clear, meaningful feedback on your competency in specific practical skills.

2. Track your progression through practical activities.

3. Understand how to improve your competency in a specific practical skill.
CPAC overview

1. **Follows written procedures**
2. **Applies investigative approaches and methods when using instruments and equipment**
3. **Safely uses a range of practical equipment and materials**
4. **Makes and records observations**
5. **Researches, references and reports**

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<tr>
<th>Key</th>
<th>Description</th>
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<tr>
<td>A</td>
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<td>P</td>
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CPAC 1a
Correctly follows instructions to carry out the experimental techniques or procedures.

CPAC 2a
Correctly uses appropriate instrumentation, apparatus and materials (including ICT) to carry out investigative activities, experimental techniques and procedures with minimal assistance or prompting.

CPAC 2b
Carries out techniques or procedures methodically, in sequence and in combination, identifying practical issues and making adjustments when necessary.

CPAC 2c
Identifies and controls significant quantitative variables where applicable, and plans approaches to take account of variables that cannot readily be controlled.

CPAC 2d
Selects appropriate equipment and measurement strategies in order to ensure suitably accurate results.

CPAC 3a
Identifies hazards and assesses risks associated with these hazards when carrying out experimental hazards and procedures in the lab or field.

CPAC 3b
Uses appropriate safety equipment and approaches to minimise risks with minimal prompting.

CPAC 3c
Uses appropriate safety equipment and approaches to minimise risks with minimal prompting.

CPAC 4a
Makes accurate observations relevant to the experimental or investigative procedure.

CPAC 4b
Obtains accurate, precise and sufficient data for experimental and investigative procedures and records this methodically using appropriate units and conventions.

CPAC 5a
Uses appropriate software and/or tools to process data, carry out research and report findings.

CPAC 5b
Sources of information are cited demonstrating that research has taken place, supporting planning and conclusions.
### Reflection and Targets

#### What went well? Which skills have you developed in this group of practicals? What aspect of your work and write-ups are you most proud of?

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<th>Individual practical activity</th>
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#### Targets
Which areas do you need to improve on? Is there a specific skill you are still uncertain about? Which CPACs do you need to work on?
Practical skills tracker

- Selects appropriate equipment and measurement strategies in order to ensure suitably accurate results.
- Identifies hazards and assesses risks associated with these hazards when carrying out experimental techniques and procedures in the lab or field.
- Identifies and controls significant quantitative variables where applicable, and plans approaches to take account of variables that cannot readily be controlled.
- Uses appropriate equipment and measurement strategies in order to ensure suitably accurate results.
- Makes accurate observations relevant to the experimental or investigative procedure.
- Uses appropriate safety equipment and approaches to minimise risks with minimal prompting.
- Carries out techniques or procedures methodically, in sequence and in combination, identifying practical issues and making adjustments when necessary.
- Correctly uses appropriate instrumentation, apparatus and materials (including ICT) to carry out investigative activities, experimental techniques and procedures with minimal assistance or prompting.
- Correctly follows instructions to carry out the experimental techniques or procedures.
- Sources of information are cited demonstrating that research has taken place, supporting planning and conclusions.
- Uses appropriate software and/or tools to process data, carry out research and report findings.
- Obtains accurate, precise and sufficient data for experimental and investigative procedures and records this methodically using appropriate units and conventions.

Skills overview

1. Follows written procedures
2. Applies investigative approaches and methods when using instruments and equipment
3. Safely uses a range of practical equipment and materials
4. Makes and records observations
5. Researches, references and reports

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### Reflection and target

**Key notes**

What are the important things to remember when doing this style of practical?

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**Reflection and targets**

**What went well?** Which skills have you developed in this group of practicals? What aspect of your work and write-ups are you most proud of?

**Targets** Which areas do you need to improve on? Is there a specific skill you are still uncertain about?