

Year 10 V CERT Health and Fitness 5-week plan w/c 11/01/2021 – Feb Half Term			
Week Commencing	Content to be Taught	What work will be submitted/ What will go into students' books?	What will be assessed/ What feedback will students receive?
11/1/2021	Lesson 1 Cardiovascular Measurements/Revision of Cardiovascular System	Worksheet to be completed, will be stuck in students books along with PowerPoint slides	NearPod quiz in the lesson – pupils can see scores and ongoing verbal feedback given after each question.
	Lesson 2 Assessment of Cardiovascular system on Microsoft Forms	Assessment submitted on Microsoft Forms. Assessment to be printed and stuck in student books.	Assessment to be FAR marked Students to receive online Feedback and Actions to improve work
18/01/2021	Lesson 1 DIRT	Students will respond to actions on a Word document which is submitted after the lesson. Responses will be stuck in student books.	Responses will be marked and general verbal feedback given next lesson.
	Lesson 2 Energy Systems	Worksheet to be completed, will be stuck in students books along with PowerPoint slides	Responses will be marked and verbal feedback given during the lesson.
25/01/2021	Lesson 1 Short Term Effects of exercise	Worksheet to be completed, will be stuck in students books along with PowerPoint slides	Microsoft Forms/NearPod – students will receive results from their quiz. Misunderstandings addressed next lesson.
	Lesson 2 Short Term effects of exercise	Worksheet to be completed, will be stuck in students books along with PowerPoint slides	Responses will be marked and verbal feedback given during the lesson.
01/02/2021	Lesson 1	Worksheet to be completed, will be	NearPod quiz in the lesson – pupils can see

	Long Term Effects of Exercise	stuck in students books along with PowerPoint slides	scores and ongoing verbal feedback given after each question.
	Lesson 2 Long Term Effects of Exercise	Worksheet to be completed, will be stuck in students books along with PowerPoint slides	Responses will be marked and general verbal feedback given next lesson.
08/02/2021	Lesson 1 Assessment of Skeletal/ Muscular/ Respiratory/ Cardiovascular/ Energy Systems/ STE+LTE	Assessment submitted on Microsoft Forms. Assessment to be printed and stuck in student books.	Assessment to be FAR marked Students to receive online Feedback and Actions to improve work
	Lesson 2 DIRT	Students will respond to actions on a Word document which is submitted after the lesson. Responses will be stuck in student books.	Responses will be marked and general verbal feedback given next lesson.