

Year 10 V CERT Health and Fitness 3-week plan w/c 22/03/2021 – 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?
22/02/2021	Lesson 1 Dirt from previous end of topic test	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 SPORT Principals of training	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.
01/03/2021	Lesson 1 FITT Principals of Training	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.
	Lesson 2 Methods of Training	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.
08/03/2021	Lesson 1 End of topic Assessment Principals of training Methods of training	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.

