

## Year 9:

Focus: Mini PFP and Pupils study			
Lessons:	Focus and skill:	Knowledge focus	Requirements:
1	<p><b>“How do I construct an exercise programme?”</b></p> <p>Review work in Year 8</p>	Review session – PRE, HR targeting of Aerobic & Anaerobic exercise, MWHR Scenarios given for Development groups to administer an exercise prescription for.	<p>Whiteboards to be used to respond to questions from staff, highlighting physiological responses.</p> <p>Development groups to be used to investigate / respond to questions posed by staff</p>
2	<p><b>“How do I construct an exercise programme?”</b></p> <p>Development groups work together to implement an exercise prescription for a ‘health concern’ scenario.*</p>	Plan, try out and refine a mini PFP for the scenario given.	
3	<p><b>“How do I construct an exercise programme?”</b></p> <p>As above</p>	Completion and review of PFP	
4	<p><b>“How do I construct an exercise programme?”</b></p> <p>As above</p>	Completion and review of PFP	<p>Assessment: Through video footage placed on One Drive by students – oral analysis linked to footage of exercise undertaken.</p> <p>Oral formative and summative assessment via oral file on One Drive.</p>
5	<p><b>“How do I construct an exercise programme?”</b></p> <p>As above</p>	Completion of PFP	
6	<p><b>“How do I construct an exercise programme?”</b></p>	Review of mini PFP including work done in Food.	

\*Details of the task to be refined but will be along the lines of carrying out a mini PFP and nutrition guide for specified health concern case studies; presentations to be made in the last lesson.