

		<ul style="list-style-type: none"> To be able to extend students knowledge, which is outlined in the current curricula of health and physical education. To help students understand their own fitness and physical activity levels. To teach students the understanding of what moderate and vigorous physical activity mean to them. 	
Links to Students' Prior Knowledge and Experiences: It would be expected that students at year 9 level would have some prior knowledge of the benefits of exercise. In this class we will revise and probe deeper into this topic.	Prior Knowledge and Experiences:	Assessment /Feedback Strategies: <ul style="list-style-type: none"> To grow on the students prior knowledge of exercise and Physical activity. 	
Room Set up: <ul style="list-style-type: none"> Tables and chairs facing the board. Butcher paper and markers arranged in four groups, ready for distribution for the mind map activity. White board markers, also a white board eraser. 			
Lesson Sequence		What do I expect to see students doing to indicate thinking and learning?	Time
Phase 1: Engaging the learner <ul style="list-style-type: none"> Engage the class by asking them about the previous topic, which was nutrition. Ask the class to come up with 5 facts about nutrition. Link nutrition and exercise together. By linking nutrition and exercise together, the students now understand national guidelines for health. Have an understanding of why we need energy to fulfill our exercise and physical activity needs. Ask the students to list different kinds of exercise e.g. swimming, hockey, football, netball and tennis. All these forms of exercise will be listed on the whiteboard, and not just sports. 		<ul style="list-style-type: none"> Within this class discussion, students will have a better understanding of how the energy you get from foods helps you get the energy to perform the physical activity. To extend their knowledge of physical activity and the many different forms of exercise. By having a class discussion about the topic they will be learning about today, it will help them start processing, and understanding exercise and what it means to be physically active in your adolescence. 	10mins
Phase 2: Exploring			12mins