

| <ul style="list-style-type: none"> White board & markers ready. | | |
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| 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"> Allowing the class to walk around and see what each student has achieved in their mind map activity in the previous lesson. As a class discuss what was learnt in the previous lesson. Ask the class some questions that link in with the brochure that was handed out in the previous lesson. This allows the students to ask and receive answers to these questions. | <ul style="list-style-type: none"> Students' should be able to assess and evaluate each other's work, to give and receive criticism and positive feedback. Students hopefully will be engaged in the topic, shown by their willingness to participate in class discussion. | 15mins |
| Phase 2: Exploring <ul style="list-style-type: none"> Discussing and exploring the meaning and definition of moderate and vigorous intensity for a student between 12 and 18 years old. Discussing how much moderate and vigorous physical activity is needed for an adolescent between the ages of 12 and 18 to meet the recommended daily requirements. As the students would have realized, there are two case studies that have been written up on the whiteboard. The two case studies are about two different adolescents. Each adolescent has information about one day in his or her week. This information is about whether or not they are meeting their daily-recommended requirements of physical activity for a person their age. As a class they will discuss whether or not they are and why or why not. By going through the case studies on the boards as a whole class, each student now will then receive a worksheet which will have a case study on it. The students will have to work out if their case study is reaching the daily-recommended requirements of an adolescent between the ages of 12 and 18. | <ul style="list-style-type: none"> As above, by their willingness to participate in class discussion to resolve the case studies as a group. | 27mins |
| Phase 3: Explain <ul style="list-style-type: none"> Now to explain to the students' in greater detail what is | <ul style="list-style-type: none"> By going through the case studies with the students on the boards | 35mins |