



## Topic: Short and Long Term Effects of Exercise

	Effects of Exercise	Progress		
Topic	Key ideas	R	A	G
	I can identify and describe the immediate effects of exercise and give			
	I can identify and describe the 3 short term effects of exercise and give examples.			
	I can identify and describe the 3 long term effects of exercise and			

Lesson	Learning Focus	Assessment	Key Words
1	Immediate Effects of Exercise	Topic Test	Vasodilation, Vasoconstriction
2	Short Term Effects of Exercise	Topic Test	DOMS, Fatigue
3	Long Term Effects of Exercise	Topic Test	Hyper trophy, Fitness
4	Exam Question Technique Practice	Peer and Teacher, Formative During lesson using model answers/KAI Scaffolding	Knowledge, Apply
5	Topic Test	Summative	KAI