

	Week Beg	Thursday, period 4	Friday, period 1	Friday, period 2
1	6 th Sept	A2 – Recap on expectations AS grades etc	Project	No lesson GTS briefing GCSE group
2	13 th Sept	Project	Project	Project
3	20 th Sept	Structure of skeletal muscle Sliding filament brief	Project	Types of muscle fibre
4	27 th Sept	Use of muscle fibre types during exercise. Performance predictors.	Project	Motor units. Nervous stimulation of a muscle fibre
5	4 th Oct	Response of muscle to stimulation Wave and spatial summation	Project	Muscle fatigue
6	11 th Oct	Proprioceptors	Project	Proprioceptors
7	18 th Oct	Proprioceptors	Project	Proprioceptors

HALF TERM

	Week Beg	Thursday, period 4	Friday, period 1	Friday, period 2
8	1 st Nov	Energy	Sources of energy	Use of energy sources in exercise Fats
9	8 th Nov	Use of energy sources in exercise Carbohydrates	Use of energy sources in exercise Training applications	Use of energy sources in exercise Proteins and hormones
10	15 th Nov	Energy supply systems Overview of all three	ATP PC/alactic system	
11	22 nd Nov	ATP PC past paper questions ?	Lactic acid system	
12	29 th Nov		Aerobic System Stage 1 Glycolysis	Krebs cycle Electron transport chain
13	6 th Dec		Oxygen requirement for energy release Deficit and debt	EPOC
14	13 th Dec	Project	Project	Project

CHRISTMAS

	Week Beg	Thursday, period 4	Friday, period 1	Friday, period 2
15	3 rd Jan	Training regimes for elite individuals		TEJ
16	10 th Jan	Periodisation		
17	17 th Jan	Altitude training		
18	24 th Jan			
19	31 st Jan			

HALF TERM

	Week Beg	Thursday, period 4	Friday, period 1	Friday, period 2
20	14 th Feb	Synoptic assessment Introduction/expectations/video	Selection of essays	TEJ
21	21 st Feb	Synoptic assessment work		
22	28 th Feb			
23	7 th Mar			
24	14 th Mar			

EASTER

	Week Beg	Thursday, period 4	Friday, period 1	Friday, period 2
25	4 th Apr	Synoptic appraisal		Synoptic deadline
26	11 th Apr			
27	18 th Apr			
28	25 th Apr			
29	2 nd May			
30	9 th May			
31	16 th May			
32	23 rd May			

HALF TERM – Study Leave Begins