

	Week Beg	Monday, period 3	Tuesday, period 2
1	6 th Sept	No lesson	The course. Expectations, modules, structure, CWK and exams
2	13 th Sept	Recap Health & Fitness definitions & fitness aspects	Why train
3	20 th Sept	Why train The physiological long term benefits	Principles of training
4	27 th Sept	Principles of training	Practical warm-up experiment
5	4 th Oct	Warm-up and cool down	Cool down
6	11 th Oct	Use of library	Methods of training
7	18 th Oct	Periodisation general	Periodisation for a rugby player - Tiff

HALF TERM

	Week Beg	Monday, period 3	Tuesday, period 2
8	1 st Nov	The PEP! Mark scheme and guidelines Recap Health & Fitness definitions & fitness aspects	Fitness and skill – the relationship Coaching, analysing the best things to improve
9	8 th Nov	Fitness testing. Why? How? Different tests Validity and reliability	Physical Activity Readiness Questionnaires Testing protocols – most appropriate Maximal and submaximal testing
10	15 th Nov	PRACTICAL FITNESS TESTING #1	PRACTICAL FITNESS TESTING #2
11	22 nd Nov	Analysing fitness tests Develop aim of the PEP from results	How to write the first section
12	29 th Nov	Diet, general recap	
13	6 th Dec	Nutrition for training	
14	13 th Dec	Coaching young athletes	

CHRISTMAS

	Week Beg	Monday, period 3	Tuesday, period 2
15	3 rd Jan	The heart. Function	Flow of blood through the heart and the action of the valves
16	10 th Jan	Workload & heart rate experiment	Short term effects of exercise on the heart
17	17 th Jan	Past paper questions on workload and heart rates	Heart dynamics – CO, SV, CR
18	24 th Jan	Regulation of SV, Starling's law	Spare
19	31 st Jan	Heart Structure	Past paper questions

HALF TERM

	Week Beg	Monday, period 3	Tuesday, period 2
20	14 th Feb	Go over past paper questions	How the heart works
21	21 st Feb	Regulating heart rate	Electrical activity of the heart
22	28 th Feb	Circulation, pulmonary & systemic Blood vessels	Structure of blood vessels
23	7 th Mar	Blood flow Vasomotor, venomotor control	
24	14 th Mar	Blood velocity	Blood pressure

EASTER

	Week Beg	Monday, period 3	Tuesday, period 2
25	4 th Apr	Respiration, the mechanics	Ventilation
26	11 th Apr	Gas exchange	Spare
27	18 th Apr	Effects of training on lung volumes and capacities, and gaseous exchange in the alveoli	Effects of training on cardiac function
28	25 th Apr	Revision and past paper questions	Revision and past paper questions
29	2 nd May	Revision and past paper questions	Revision and past paper questions
30	9 th May	STUDY LEAVE	
31	16 th May		
32	23 rd May		

HALF TERM