

<b>Week</b>	<b>P4</b>	<b>Topic</b>	<b>Resources</b>
<b>1</b>	<b>Wednesday 8<sup>th</sup> September</b>	Course overview Bones location and types of bone Structure of the skeleton axial & appendicular, vertebral column	Resources from MLD worksheets & PowerPoint slides Pages 2 - 3 of text book
<b>2</b>	<b>Tuesday 14<sup>th</sup> September</b>	Functions of the skeleton. Structure of a synovial joint.	Resources from MLD worksheets & PowerPoint slides Pages 3-4 of text book
<b>1</b>	<b>Wednesday 22<sup>nd</sup> September</b>	Types of freely movable joints that allow different movements.	Resources from MLD worksheets & PowerPoint slides Page 5 of text book
<b>2</b>	<b>Tuesday 28<sup>th</sup> September</b>	How joints differ in design to allow certain types of movement at a joint. Movement patterns	Resources from MLD worksheets & PowerPoint slides Pages 5 - 8 of text book
<b>1</b>	<b>Wednesday 6<sup>th</sup> October</b>	Muscles of the body & locations	Resources from MLD worksheets & PowerPoint slides pages 9 – 10 of text book
<b>2</b>	<b>Tuesday 12<sup>th</sup> October</b>	Joint Focus - How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints.	Resources from MLD worksheets & PowerPoint slides Pages 13 - 19 of text book
<b>1</b>	<b>Wednesday 20<sup>th</sup> October</b>	Roles of the muscles Types of contractions Types of muscles	Resources from MLD worksheets & PowerPoint slides Pages 10 - 13 of text book
<b>HALF TERM HOLIDAYS</b>			
<b>2</b>	<b>Tuesday 2<sup>nd</sup> November</b>	Movement analysis	Resources from MLD worksheets & PowerPoint slides Pages 13 - 19 of text book
<b>1</b>	<b>Wednesday 10<sup>th</sup> November</b>	Skeletal Muscle contractions, motor units and nerve stimulation	Resources from MLD worksheets & PowerPoint slides pages 21 – 22 of text book
<b>2</b>	<b>Tuesday 16<sup>th</sup> November</b>	Muscle fibre types & how they are used for different exercise & recovery	Resources from MLD worksheets & PowerPoint slides pages 23 – 26 of text book
<b>1</b>	<b>Wednesday 24<sup>th</sup> November</b>	Structure of the heart & pathway of blood	Resources from MLD worksheets & PowerPoint slides pages 27 – 29 of text book
<b>2</b>	<b>Tuesday 30<sup>th</sup> November</b>	Conduction system & cardiac cycle	Resources from MLD worksheets & PowerPoint slides Pages 29 - 31 of text book
<b>1</b>	<b>Wednesday 8<sup>th</sup> December</b>	Heart measures at rest – cardiac output, stroke volume, heart rate	Resources from MLD worksheets & PowerPoint slides Pages 32 - 34 of text book
<b>2</b>	<b>Tuesday 14<sup>th</sup> December</b>	Heart measures at exercise– cardiac output, stroke volume, heart rate	Resources from MLD worksheets & PowerPoint slides Pages 34 - 36 of text book