

Week	Lesson P4	Topic
<b>1</b>	Monday 6 <sup>th</sup> September	No lesson
	Thursday 9 <sup>th</sup> September	<b>Recap, revise, exam practise</b> Bones and ,muscles – locations, structures and functions
<b>2</b>	Monday 13 <sup>th</sup> September	Energy for exercise ATP/PC system Glycolytic System
<b>1</b>	Monday 20 <sup>th</sup> September	Energy for exercise Aerobic System
	Thursday 23 <sup>rd</sup> September	<b>Recap, revise, exam practise</b> Heart and respiratory systems structures and fuctions
<b>2</b>	Monday 27 <sup>th</sup> September	Energy for exercise Energy Continuum
<b>1</b>	Monday 4 <sup>th</sup> October	Energy for exercise Recovery rates
	Thursday 7 <sup>th</sup> October	<b>Recap, revise, exam practise</b> Heart and respiratory, control and effect of exercise
<b>2</b>	Monday 11 <sup>th</sup> October	Energy for exercise EPOC
<b>1</b>	Monday 18 <sup>th</sup> October	Energy for exercise Implications for recovery
	Thursday 21 <sup>st</sup> October	<b>Recap, revise, exam practise</b> Types of Injuries
<b>2</b>	Monday 1 <sup>st</sup> November	Energy for exercise Exercise at Altitude
<b>1</b>	Monday 8 <sup>th</sup> November	Energy for exercise Exercise in the heat
	Thursday 11 <sup>th</sup> November	<b>Recap, revise, exam practise</b> Injury Prevention
<b>2</b>	Monday 15 <sup>th</sup> November	Diet & Nutrition Energy intake
<b>1</b>	Monday 22 <sup>nd</sup> November	Ergogenic Aids Pharmacological & Nutritional
	Thursday 25 <sup>th</sup> November	<b>Recap, revise, exam practise</b> Responding to injuries
<b>2</b>	Monday 29 <sup>th</sup> November	Training programmes Design and implementation
<b>1</b>	Monday 6 <sup>th</sup> December	Aerobic Training Testing and improving
	Thursday 9 <sup>th</sup> December	<b>Recap, revise, exam practise</b> Injury rehabilitation
<b>2</b>	Monday 13 <sup>th</sup> December	Strength Training Testing and improving