

Unit 1 Weekly topics.

Week no	Topic	Assessments	
Week no			
Week 1.	Enrolment		
Week 2.	Enrolment		
Week 3.	Skeletal System, Structure and function.	HW/Pro Study Work	
Week 4	Joints and movements around joints. Responses and Adaptions to the skeletal system.	Skeletal Test	
Week 5.	Muscular System, major muscles and muscle pairings.	HW/Pro Study Work	
Week 6.	Muscles contractions, fibre types and responses and adaptions to exercise.	Muscular Test	
Week 7.	Respiratory system structure and functions. Mechanics of breathing. Control of breathing,	HW/Pro Study Work	
Week 8.	Gaseous exchange, Lung volumes and Responses and adaptions to exercise.	Respiratory Test	
Oct H/T			
Week 9	Cardiovascular system, structure and function. Blood vessels.	HW/Pro Study Work	
Week 10	Nervous control of cardiac cycle, sympathetic and parasympathetic nervous system. Responses and adaptions to exercise.	Cardiovascular test	
Week 11	The Energy systems, ATP PC, Lactate system and aerobic system. Adaptions of energy systems.	Energy Systems	
Week 12	The Energy systems, ATP PC, Lactate system and aerobic system. Adaptions of energy systems.	HW/Pro Study Work	
Week 13	Revision		
Week 14	Revision		
Week 15	Mock Test on all topics		
Christmas			
Week 16	Revision		
Week 17	A & P Exam		