Week 2 11th Jan	Content	**Implications and other factors of the recovery process for planning** K&U of EPOC and the recovery processes essential for both athlete and coach to maintain training efficiency. Applying all of recovery to exam questions	Verbal feedback given to class weekly.
	Assess	Exam questions from Zigzag and 2017 Q2b and Q3e – FAR marking and feedback to pupils.	
Week 3 18th Jan	Content	**Exercise at altitude and effects of altitude on cardiovascular and respiratory system with acclimatisation.** New def. Altitude, humidity and Barometric pressure. Explain differing environmental conditions affect the efficiency of the cardiovascular and respiratory system. Applying to exam questions. New def. Acclimatisation. Recap: Erythropoietin, thermoregulation, thermoreceptors, dehydration. The process and important benefits of acclimatisation.	
	Assess	Exam question from student guide (8 marks) – FAR marking and feedback to pupils	
Week 4 25th Jan	Content	**Exercise in the heat and the effects on the body systems** How heat can severely affect performance. Applying to exam questions. **S**teps to minimise the decrease in performance, depending at level of intensity. Applying to exam questions	
	Assess	Exam questions 2018 Q1 (2) Zigzag Q6 (6) - FAR marking and feedback to pupils	
Week 5 1 Feb	Content	**Assessment. Exer phys: Acute and chronic injury,** Def for all types of injury e.g. fracture. K&U of acute hard and soft tissue injuries, concussion, chronic hard and soft tissue injuries.	
	Assess	Test - end of topic - FAR marking and feedback to pupils	
Week 6 8th Feb	Content	**Injury prevention and responding to injury** K&U of intrinsic and extrinsic factors, the effectiveness and of warm-up and cool down. Being able to explain and apply the correct injury response. Application of the assessment using SALTAPS and acute managing using PRICE	
	Assess	Exam questions 2018 Q7 b I (2) ii (1) iii (3) Q7 c (5) - FAR marking and feedback to pupils	
		Half-term	
Week 7 22nd Feb	Content	**Responding to injury cont. and rehabilitation through injury** K&U, and application of recognising concussion using the six Rs. Use of treatment methods: Stretching, massage, heat, cold and contrast therapies	
	Assess	Amend zigzag Q6 (8)- FAR marking and feedback to pupils	
Week 8 1st March	Content	**Rehabilitation through injury cont. and assessment** K&U, application of anti-inflammatory drugs, physiotherapy and surgery	
	Assess	Test - end of topic - FAR marking and feedback to pupils	