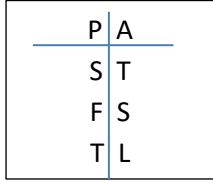


45 Steps to PE-rfection

Paper 1

Follow this plan and you will cover the whole syllabus. The time slots are recommendations but obviously it is up to you to fit them into your day (perhaps set a time 4pm every day or before bed). Also listed are a range of techniques you can use to ensure you don't suffer from tedium. Find what works for you and go with it. Obviously if you need support or have any questions come and see Mr Marsh!

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Week 1 1st April	Types of lever and mechanical advantage	20 mins	Antagonistic Pairs	10 mins	Warm-up & Cool-downs	10 mins	Health and fitness	10 mins	Principles of training	15 mins	The Training Season	15 mins	Planes and axes	15 mins
Easter Holidays 8th April	Principles of training	10 mins	Aerobic & Anaerobic respiration – examples EPOC & DOMS	15 mins	Recovery process – ice baths, cool down, diet	20 mins	Effects of exercise (long, short, immediate)	15 mins	Specificity & Progression – definitions and explain	10 mins	Components of fitness – definitions and tests of each	10 mins	Spirometer Trace	15 mins
Easter Holidays 15th April	Planes and axes	20 mins	Injuries & Recovery	15 mins	Types of joint – synovial joints in detail	15 mins	Functions of the skeleton & types of bone	15 mins	Progressive Overload (FITT) & Reversibility – definitions and explain	10 mins	Synovial joints – Components and Types	15 mins	Health and fitness & Types of muscular contraction	10 mins
Week 2 22nd April	Training Thresholds	15 mins	Respiratory System – components and the mechanics of breathing	20 mins	Types of Training	15 mins	Types of movement and types of joint	20 mins	Warm-ups, phases of training and Warm-downs	15 mins	Principles of training	10 mins	Preventing Injury	15 mins
Week 1 29th April	Types of muscular contraction	10 mins	Aerobic & Anaerobic respiration – examples & the recovery period	15 mins	Redistribution of blood and cardiac output	20 mins	Types of muscle and antagonistic pairs	20 mins	Circuit Training – types of circuit, explanation & reasoning	10 mins	Types of lever F 1 L 2 E 3	15 mins	Gaseous Exchange & mechanics of breathing	15 mins

Week 2 6 th May	The Training Season	10 mins	Circulatory system – Blood vessels and journey of the blood through the heart and around the body	20 mins	Levers, Planes & Axis 	15 mins	Effects of exercise (long, short, immediate)	15 mins	Weight training – types, Reps & Sets, benefits of training	15 mins	Spirometer Trace – Draw one. Measurements Definitions and effect of exercise on each	20 mins	Preventing Injury	15 mins
Week 1 13 th May	Methods/ types of training	10 mins	Cardiovascular System – effects of taking part in exercise and training zones	20 mins	9am Theory Exam									

From the 1st April you have 45 days until you will be sitting the Paper 1 exam!