SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
1	1 Topic - Paper 1 - Methods of training Recall - Principles of training	1	1	1	1
2 iINSET?	2	2	2 Topic - Paper 1 - Chapter 2.Movement Analysis Recall - Planes/Axes (Everlearner)	2	2
3 iINSET?	3	3	3	3	3 Topic - Paper 1 - Chapter 1. Cardiovascular System Recall - Respiratory System (Everlearner)
4 Topic - Paper 1 - Chapter 3. COF Recall - COF (Everlearner)	4	4 Topic - Paper 1 - Chapter 1. Structure of the skeleton. Features of a synovial joint. Recall - Training Seasons (Everlearner)	4	4	4
5	5	5	5	5	5
6	6	6	6	6 iINSET?	6
7	7 Topic - Paper 1 - Chapter 3. Training Intensities (Calculation) Recall - Methods of training (Everlearner)	7	7	7 Topic - Paper 1 - Chapter 1. Muscular System Recall - Lever Systems (Everlearner)	7
8	8	8	8	8	8
9 Paper 1 - Chapter 3. COF Recall - COF (Everlearner)	9	9	9 Topic - Paper 1 - Chapter 2. Movement analysis continued (Muscle action) Recall - Testing/Checkpoints (Everlearner)	9	9
10	10	10	10	10	10 Topic - Paper 1 - Chapter 1. Cardiovascular System Recall - Respiratory System (Everlearner)
11	11	11 Topic - Paper 1 - Chapter 1. Types of joint and movement. Recall - Testing/Checkpoints (Everlearner)	11	11	11
12	12	12	12	12	12
13	13	13	13	13 Topic - Paper 1 - Chapter 1. Muscular System (Movement Analysis) Recall - Testing/Checkpoint (Everlearner)	13
14	14 Paper 1 - Chapter 3. Safety Principles (WU/CD) Recall - Training Intensities (Everlearner)	14	14	14	14
15	15	15	15	15	15

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
16 Topic - Paper 1 - Chapter 3. Fitness Tests Recall - Testing/Checkpoint (Everlearner)	**16**	**16**	**16** TERM 1 Review (Chapter 2/3)	**16**	**16**
17	**17**	**17**	**17**	**17**	**17**
18	**18**	**18** Topic - Paper 1 - Chapter 2. Levers. Recall - Movement Analysis (Everlearner)	**18**	**18**	**18**
19	**19**	**19**	**19**	**19**	**19**
20	**20**	**20**	**20**	**20** Topic - Paper 1 - Chapter 1. Respiratory System Recall - Muscular System (Everlearner)	**20**
21	**21** Topic - Paper 1 - Chapter 3. Training Seasons Recall - Safety Principles (Everlearner)	**21**	**21**	**21**	**21**
22	**22**	**22**	**22**	**22**	**22**
23 Topic - Paper 1 - Chpater 3. Principles of training. Recall - Fitness Testing (Everlearner)	**23**	**23**	**23**	**23**	**23**
24	**24**	**24**	**24**	**24**	**24** Topic - Paper 1 - Chapter 1. Cardiovascular System Recall - Respiratory System (Everlearner)
25	**25**	**25** Topic - Paper 1 - Chapter 2. Planes & Axis Recall - Levers (Everlearner)	**25**	**25**	**25**
26	**26**	**26**	**26**	**26**	**26**
27	**27**	**27**	**27**	**27** Topic - Paper 1 - Chapter 1. Respiratory System Recall - Muscular System (Everlearner)	**27**
28	**28**	**28**	**28**	**28**	**28**
29	**29**	**29**	**29**	**29**	
30	**30**	**30**	**30**	**30**	
	31		**31**	**31**	

MARCH	APRIL	MAY	JUNE	JULY	AUGUST
1	1 Topic - Paper 1 - Chapter 2. Aerobic/Anaerobic Exercise Recall - Effects of exercise (Everlearner)	1	1	1	1
2	2	2	2 Topic - Paper 2 Revision Recall - Paper 1 Chapter 2 Revist.	2	2
3 Topic - Paper 1 - Chapter 1 - The recovery process. Recall - Testing/Checkpoint (Everlearner)	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6 Topic - Paper 1 Revision Recall - Paper 2 Chapter 5 Revist.	6	6	6
7	7	7	7	7 EXAMS	7
8	8	8	8	8	8
9	9	9	9 Topic - Paper 2 Revision Recall - Paper 1 Chapter 3 Revist.	9	9
10 Topic - Paper 1. Chapter 1. Effects of exercise. Recall - The Recovrey Process	10	10	10	10	10
11	11	11	11	11	11
12	12	12 Topic - Paper 1 Revision Recall - Paper 2 Chapter 6 Revist.	12	12	12
13	13	13	13	13	13
14	14	14	14	14 EXAMS	14
15	15	15	15	15	15

MARCH	APRIL	MAY	JUNE	JULY	AUGUST
16	16	16	16 EXAMS	16	16
17 Topic - Paper 1. Chapter 1. Effects of exercise. Recall - Testing/Checkpoint (Everlearner)	17	17	17	17	17
18	18	18	18	18	18
19	19	19 Topic - Paper 2 Revision Recall - Paper 1 Chapter 1 Revist.	19	19	19
20	20	20	20	20	20
21	21	21	21	21	21
22	22 Topic - Paper 1 Revision Recall - Paper 2 Chapter 4 Revist.	22	22	22	22
23	23	23	23 EXAMS	23	23
24	24	24	24	24	24
25	25	25	25	25	25
26	26	26	26	26	26
27	27	27	27	27	27
28	28 Topic - Paper 1 Revision Recall - Paper 2 Chapter 5 Revist.	28	28	28	28
29	29	29	29	29	29
30	30	30	30 EXAMS	30	30
31		31		31	31