Project Timeline: "First-Take Decarbonisation"

Week 4:

- Research and brainstorming: Determine the focus and goals of the project.
- Compile secondary sources and gather relevant information for the first topic.
- Create an outline for the first podcast episode and corresponding Instagram post.
- Develop a content plan for future weeks.

Week 5:

- Create and upload the first podcast episode on TikTok, discussing the chosen topic.
- Develop and design the accompanying Instagram post for the first topic.
- Conduct research for the second topic and compile relevant notes and secondary sources.

Week 6:

- Publish the second Instagram post, providing insights on the second topic.
- Record and upload the second podcast episode on TikTok, expanding on the second topic.
- Gather information and sources for the third topic.

Non-Teaching Week:

- Prepare and upload the third podcast episode, presenting the third topic and its impact on decarbonisation efforts.
- Craft the third Instagram post, incorporating engaging visuals and key information.
- Conduct research for the fourth topic and collect supporting materials.

Week 7:

- Publish the fourth Instagram post, highlighting the fourth topic and its relevance to decarbonisation.
- Record and upload the fourth podcast episode, sharing insights and examples related to the fourth topic.
- Gather information and notes for the fifth topic.

Week 8:

- Design and upload the fifth Instagram post, sharing valuable information and perspectives on the fifth topic.
- Prepare and release the fifth podcast episode on TikTok, providing a deeper understanding of the fifth topic.
- Gather research materials for the sixth topic.

Week 9:

- Publish the sixth Instagram post, focusing on the sixth topic and its significance in decarbonisation efforts.
- Record and upload the sixth podcast episode, offering unique insights and analysis related to the sixth topic.
- Gather information and compile notes for the seventh topic.

Week 10:

- Create and upload the seventh Instagram post, emphasising the seventh topic's connection to decarbonisation.
- Prepare and release the seventh podcast episode on TikTok, presenting diverse perspectives and examples.
- Reflect on the project, evaluate its impact, and consider future directions for "First-Take Decarbonisation."

Week 11:

- Conduct research and gather information on the eighth and final topic for the "First-Take Decarbonisation" project.
- Develop an engaging and informative Instagram post highlighting the significance of the eighth topic in the context of decarbonisation.
- Record and edit the eighth and final podcast episode, providing a comprehensive overview and concluding remarks on the project.
- Review and revise previous content to ensure consistency and cohesiveness across all platforms.
- Reflect on the journey of the "First-Take Decarbonisation" project, considering the impact it has had on raising awareness and promoting sustainable practices within the sporting world.
- Evaluate the overall success of the project, identifying areas of improvement and potential future directions for continued engagement with decarbonisation efforts.

By following this timeline, I will have a structured approach to consistently upload engaging content on Instagram every Wednesday or Thursday and release podcast episodes on TikTok every Sunday. This ensures a continuous flow of valuable information and insights, fostering a dedicated community interested in decarbonisation efforts within the sporting world.