

Subject: BTEC Sport

Year group: 10

Independent Learning termly plan – Summer

Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS4+5)
	Recap Fitness tests 2	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	15 April 2024	
	Recap Fitness tests 3	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	22 Apr 2024	
	Recap intensities 1	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	29 Apr 2024	
	Recap intensities 2	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	6 May 2024	
	Recap intensities 3	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	13 May 2024	
	Recap Training methods 1	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	20 May 2024	
HALF TERM				
	Recap Training methods 2	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	03 June 2024	
	Recap Training methods 3	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	10 June 2024	
	Recap principles of training 1	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	17 June 2024	
	Recap principles of training 2	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	24 Jun 2024	
	Recap principles of training 3	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	01 July 2024	
	Recap principles of training 4	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	08 July 2024	