



Subject: GCSE PE

Year group: 11

**Independent Learning termly plan – Autumn**

Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS4+5)
Week A	1.1.1 Physical health: how increasing physical ability, through improving components of fitness can improve health/reduce health risks and how these benefits are	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	11 Sept 2023	
Week B	1.1.2 Emotional health: how participation in physical activity and sport can improve emotional/psychological health and how these benefits are achieved	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	18 Sept 2023	
Week A	1.1.3 Social health: how participation in physical activity and sport can improve social health and how these benefits are achieved	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	25 Sept 2023	
Week B	1.1.4 Impact of fitness on wellbeing: positive and negative health effects	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	02 Oct 2023	
Week A	1.1.5 How to promote personal health through an understanding of the importance of designing, developing, monitoring and evaluating a personal exercise programme to meet the specific needs of the individual	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	09 Oct 2023	
Week B	achieved 1.1.6 Lifestyle choices in relation to: diet, activity level, work/ rest/sleep balance, and recreational drugs (alcohol, nicotine)	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	16 Oct 2023	
Week A	1.1.7 Positive and negative impact of lifestyle choices on health, fitness and wellbeing, e.g. the negative effects of smoking (bronchitis, lung cancer)	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	23 Oct 2023	
HALF TERM				



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Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS4+5)
Week B	1.2.1 A sedentary lifestyle and its consequences: overweight, overfat, obese, increased risk to long-term health, e.g. depression, coronary heart disease, high blood pressure, diabetes, increased risk of osteoporosis, loss of muscle tone, posture, impact on components of fitness	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	30 Oct 2023	
Week A	1.2.2 Interpretation and analysis of graphical representation of data associated with trends in physical health issues	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	6 Nov 2023	
Week B	1.3.1 The nutritional requirements and ratio of nutrients for a balanced diet to maintain a healthy lifestyle and optimise specific performances in physical activity and sport	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	13 Nov 2023	
Week A	1.3.3 The role and importance of micronutrients (vitamins and minerals), water and fibre for performers/players in physical activities and sports	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	20 Nov 2023	
Week B	1.3.4 The factors affecting optimum weight: sex, height, bone structure and muscle girth	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	27 Nov 2023	
Week A	1.3.5 The variation in optimum weight according to roles in specific physical activities and sports	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	4 Dec 2023	
Week B	1.3.6 The correct energy balance to maintain a healthy weight	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	11 Dec 2023	