

**Subject: BTEC Sport**

**Year group: 10**

**Independent Learning termly plan - Spring**

Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS4+5)
	Flexibility training	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	10 Jan 2025	
	Strength, muscular endurance and power training	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	17 Jan 2025	
	Aerobic endurance training	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	24 Jan 2025	
	Speed training	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	03 Feb 2025	
	C.1 Fitness test methods for components of fitness	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	10 Feb 2025	
<b>HALF TERM</b>				
	C.3 Requirements for administration of each fitness test:	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	24 Feb 2025	
	C.4 Interpretation of fitness test results	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	02 Mar 2025	
	Recap Principles of training 1	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	06 Mar 2025	
	Recap Principles of training 2	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	13 Mar 2025	
	Recap Principles of training 3	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	20 Mar 2025	
	Recap Fitness tests 1	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	27 Mar 2025	