



Subject: GCSE PE

Year group: 10

Independent Learning termly plan - Spring

| Week commencing | Topic area | Task description/link | Due date | Recovery curriculum ragging (KS4+5) |
|------------------|--|--|-------------|-------------------------------------|
| Week A | 1.2.4 The mechanisms required (vasoconstriction, vasodilation) | Exam questions – set on Arbor: https://midhurst-rother.uk.arbor | 08 Jan 2024 | |
| Week B | 1.2.5 Function and importance of red and white blood cells | Exam questions – set on Arbor: https://midhurst-rother.uk.arbor | 15 Jan 2024 | |
| Week A | 1.2.6 Composition of inhaled and exhaled air | Exam questions – set on Arbor: https://midhurst-rother.uk.arbor | 22 Jan 2024 | |
| Week B | 1.2.7 Vital capacity and tidal volume | Exam questions – set on Arbor: https://midhurst-rother.uk.arbor | 01 Feb 2024 | |
| Week A | 1.2.8 Location of main components of respiratory system | Exam questions – set on Arbor: https://midhurst-rother.uk.arbor | 08 Feb 2024 | |
| HALF TERM | | | | |
| Week B | 1.2.10 How the cardiovascular and respiratory systems work together | Exam questions – set on Arbor: https://midhurst-rother.uk.arbor | 22 Feb 2024 | |
| Week A | 1.3.1 Energy: the use of glucose and oxygen to release energy | Exam questions – set on Arbor: https://midhurst-rother.uk.arbor | 29 Feb 2024 | |
| Week B | 1.3.2 Energy sources | Exam questions – set on Arbor: https://midhurst-rother.uk.arbor | 04 Mar 2024 | |
| Week A | 1.4.1 Short-term effects of physical activity | Exam questions – set on Arbor: https://midhurst-rother.uk.arbor | 11 Mar 2024 | |
| Week B | 1.4.2 Short-term effects of physical activity and sport | Exam questions – set on Arbor: https://midhurst-rother.uk.arbor | 18 Mar 2024 | |
| Week A | 1.4.3 Short-term effects of physical activity and sport on depth and rate of breathing | Exam questions – set on Arbor: https://midhurst-rother.uk.arbor | 25 Mar 2024 | |