



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: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	10 Jan 2025	
Week B	1.2.5 Function and importance of red and white blood cells	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	17 Jan 2025	
Week A	1.2.6 Composition of inhaled and exhaled air	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	24 Jan 2025	
Week B	1.2.7 Vital capacity and tidal volume	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	03 Feb 2025	
Week A	1.2.8 Location of main components of respiratory system	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>				
Week B	1.2.10 How the cardiovascular and respiratory systems work together	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	24 Feb 2025	
Week A	1.3.1 Energy: the use of glucose and oxygen to release energy	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	02 Mar 2025	
Week B	1.3.2 Energy sources	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	06 Mar 2025	
Week A	1.4.1 Short-term effects of physical activity	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	13 Mar 2025	
Week B	1.4.2 Short-term effects of physical activity and sport	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	20 Mar 2025	
Week A	1.4.3 Short-term effects of physical activity and sport on depth and rate of breathing	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	27 Mar 2025	