



Subject: GCSE PE

Year group: 11

Independent Learning termly plan - Spring

Week commencing	Topic area	Task description/link	Due date	Recovery curriculum raggng (KS4+5)
Week A	1.3.7 Hydration for physical activity and sport: why it is important, and how correct levels can be maintained during physical activity and sport	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	10 Jan 2025	
Week B	2.1.1 Classification of a range of sports skills using the open-closed, basic (simple)-complex, and low organisation-high organisation continua	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	17 Jan 2025	
Week A	2.1.2 Practice structures: massed, distributed, fixed and variable	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	24 Jan 2025	
Week B	2.1.3 Application of knowledge of practice and skill classification to select the most relevant practice to develop a range of skills	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	03 Feb 2025	
Week A	2.2.1 The use of goal setting to improve and/or optimise performance	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	10 Feb 2025	
HALF TERM				
Week B	2.2.2 Principles of SMART targets (specific, measurable, achievable, realistic, time-bound) and the value of each principle in improving and/or optimising performance	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	24 Feb 2025	



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Week A	2.2.3 Setting and reviewing targets to improve and/or optimise performance	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	29 Feb 2024	
Week B	2.3.1 Types of guidance to optimise performance: visual, verbal, manual and mechanical	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	02 Mar 2025	
Week A	2.3.2 Advantages and disadvantages of each type of guidance and its appropriateness in a variety of sporting contexts when used with performers of different skill levels	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	06 Mar 2025	
Week B	2.3.3 Types of feedback to optimise performance: intrinsic, extrinsic, concurrent, terminal	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	13 Mar 2025	
Week A	2.3.4 Interpretation and analysis of graphical representation of data associated with feedback on performance	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	20 Mar 2025	