

Subject: BTEC Sport

Year group: 10

Independent Learning termly plan – Autumn

Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS4+5)
	A.1 Components of physical fitness part 1	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	11 Sept 2023	
	A.1 Components of physical fitness part 2	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	18 Sept 2023	
	A.1 Components of physical fitness part 3	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	25 Sept 2023	
	A.1 Components of physical fitness part 4	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	02 Oct 2023	
	A.2 Components of skill-related fitness part 1	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	09 Oct 2023	
	A.2 Components of skill-related fitness part 2	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	16 Oct 2023	
	A.2 Components of skill-related fitness part 3	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	23 Oct 2023	
HALF TERM				
	A.3 Why fitness components are important for successful participation	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	30 Oct 2023	
	A.4 Exercise intensity and how it can be determined	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	06 Nov 2023	

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	A.5 The basic principles of training (FITT)	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	13 Nov 2023	
	A.6 Additional principles of training part 1	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	20 Nov 2023	
	A.6 Additional principles of training part 2	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	27 Nov 2023	
	B.1 Requirements for each of the following fitness training methods	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	04 Dec 2023	
	B.2 Additional requirements for each of the fitness training methods	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	11 Dec 2023	