

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: https://midhurst-rother.uk.arbor	08 Jan 2024	
	Strength, muscular endurance and power training	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	15 Jan 2024	
	Aerobic endurance training	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	22 Jan 2024	
	Speed training	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	01 Feb 2024	
	C.1 Fitness test methods for components of fitness	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	08 Feb 2024	
HALF TERM				
	C.3 Requirements for administration of each fitness test:	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	22 Feb 2024	
	C.4 Interpretation of fitness test results	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	29 Feb 2024	
	Recap Principles of training 1	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	04 Mar 2024	
	Recap Principles of training 2	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	11 Mar 2024	
	Recap Principles of training 3	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	18 Mar 2024	
	Recap Fitness tests 1	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	25 Mar 2024	