



**Subject: GCSE PE**

**Year group: 10**

**Independent Learning termly plan – Autumn**

Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS4+5)
Week A	1.1 The structure and functions of the Musculo-skeletal system	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	13 Sept 2024	
Week B	1.1.2 Classification of bones	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	20 Sept 2024	
Week A	1.1.3 Structure:	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	27 Sept 2024	
Week B	1.1.4 Classification of joints:	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	04 Oct 2024	
Week A	1.1.5 Movement possibilities at joint	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	11 Oct 2024	
Week B	1.1.6 The role of ligaments and tendons	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	18 Oct 2024	
Week A	1.1.7 Classification and characteristics of muscle types	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	25 Oct 2024	
HALF TERM				
Week B	1.1.8 Location and role of the voluntary muscular system	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	01 Nov 2024	
Week A	1.1.9 Antagonistic pairs of muscles	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	08 Nov 2024	
Week B	1.1.10 Characteristics of fast and slow twitch muscle fibre types	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	15 Nov 2024	



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<b>Week commencing</b>	<b>Topic area</b>	<b>Task description/link</b>	<b>Due date</b>	<b>Recovery curriculum ragging (KS4+5)</b>
Week A	1.1.11 How the skeletal and muscular systems work together	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	22 Nov 2024	
Week B	1.2.1 Functions of the cardiovascular system	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	29 Nov 2024	
Week A	1.2.2 Structure of the cardiovascular system	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	06 Dec 2024	
Week B	1.2.3 Structure of arteries, capillaries and veins	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	13 Dec 2024	