



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: https://midhurst-rother.uk.arbor	11 Sept 2023	
Week B	1.1.2 Classification of bones	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	18 Sept 2023	
Week A	1.1.3 Structure:	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	25 Sept 2023	
Week B	1.1.4 Classification of joints:	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	02 Oct 2023	
Week A	1.1.5 Movement possibilities at joint	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	09 Oct 2023	
Week B	1.1.6 The role of ligaments and tendons	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	16 Oct 2023	
Week A	1.1.7 Classification and characteristics of muscle types	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	23 Oct 2023	
HALF TERM				
Week B	1.1.8 Location and role of the voluntary muscular system	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	30 Oct 2023	
Week A	1.1.9 Antagonistic pairs of muscles	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	06 Nov 2023	
Week B	1.1.10 Characteristics of fast and slow twitch muscle fibre types	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	13 Nov 2023	



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Week A	1.1.11 How the skeletal and muscular systems work together	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	20 Nov 2023	
Week B	1.2.1 Functions of the cardiovascular system	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	27 Nov 2023	
Week A	1.2.2 Structure of the cardiovascular system	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	4 Dec 2023	
Week B	1.2.3 Structure of arteries, capillaries and veins	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	11 Dec 2023	