Independent Learning termly plan – Autumn

Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS4+5)
Week A	1.1.1 Physical health: how increasing physical ability, through improving components of fitness can improve health/reduce health risks and how these benefits are	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	13 Sept 2024	
Week B	1.1.2 Emotional health: how participation in physical activity and sport can improve emotional/psychological health and how these benefits are achieved	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	20 Sept 2024	
Week A	1.1.3 Social health: how participation in physical activity and sport can improve social health and how these benefits are achieved	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	27 Sept 2024	
Week B	1.1.4 Impact of fitness on wellbeing: positive and negative health effects	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	04 Oct 2024	
Week A	1.1.5 How to promote personal health through an understanding of the importance of designing, developing, monitoring and evaluating a personal exercise programme to meet the specific needs of the individual	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	11 Oct 2024	
Week B	achieved 1.1.6 Lifestyle choices in relation to: diet, activity level, work/ rest/sleep balance, and recreational drugs (alcohol, nicotine)	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	18 Oct 2024	
Week A	1.1.7 Positive and negative impact of lifestyle choices on health, fitness and wellbeing, e.g. the negative effects of smoking (bronchitis, lung cancer)	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	25 Oct 2024	
HALF TERM				

Subject: GCSE PE   **Year group: 11**

Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS4+5)
Week B	1.2.1 A sedentary lifestyle and its consequences: overweight, overfat, obese, increased risk to long-term health, e.g. depression, coronary heart disease, high blood pressure, diabetes, increased risk of osteoporosis, loss of muscle tone, posture, impact on components of fitness	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	01 Nov 2024	
Week A	1.2.2 Interpretation and analysis of graphical representation of data associated with trends in physical health issues	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	08 Nov 2024	
Week B	1.3.1 The nutritional requirements and ratio of nutrients for a balanced diet to maintain a healthy lifestyle and optimise specific performances in physical activity and sport	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	15 Nov 2024	
Week A	1.3.3 The role and importance of micronutrients (vitamins and minerals), water and fibre for performers/players in physical activities and sports	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	22 Nov 2024	
Week B	1.3.4 The factors affecting optimum weight: sex, height, bone structure and muscle girth	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	29 Nov 2024	
Week A	1.3.5 The variation in optimum weight according to roles in specific physical activities and sports	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	06 Dec 2024	
Week B	1.3.6 The correct energy balance to maintain a healthy weight	Exam questions – set on Arbor: https://midhurst-rother.uk.arbor	13 Dec 2024	