

**Subject: BTEC Sport**

**Year group: 10**

**Independent Learning termly plan – Summer**

Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS4+5)
	Recap Fitness tests 2	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	17 April 2025	
	Recap Fitness tests 3	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	24 Apr 2025	
	Recap intensities 1	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	01 May 2025	
	Recap intensities 2	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	08 May 2025	
	Recap intensities 3	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	15 May 2025	
	Recap Training methods 1	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	22 May 2025	
<b>HALF TERM</b>				
	Recap Training methods 2	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	05 June 2025	
	Recap Training methods 3	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	12 June 2025	
	Recap principles of training 1	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	19 June 2025	
	Recap principles of training 2	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	26 Jun 2025	
	Recap principles of training 3	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	03 July 2025	
	Recap principles of training 4	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	10 July 2025	