



Subject: GCSE PE

Year group: 10

**Independent Learning termly plan – Summer**

Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS4+5)
Week B	1.4.4 How the respiratory and cardiovascular systems work together	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	17 April 2025	
Week A	1.4.5 Long-term effects of exercise on the body systems	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	24 Apr 2025	
Week B	1.4.6 Interpretation of graphical representations of heart rate, stroke volume and cardiac output values at rest and during exercise	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	01 May 2025	
Week A	2.1.1 First, second and third class levers and their use in physical activity and sport	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	08 May 2025	
Week B	2.1.2 Mechanical advantage and disadvantage (in relation to loads, efforts and range of movement) of the body's lever systems and the impact on sporting performance	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	15 May 2025	
Week A	2.2.1 Movement patterns using body planes and axes	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>				
Week B	2.2.2 Movement in the sagittal plane about the frontal axis when performing front and back tucked or piked somersaults	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	05 June 2025	



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Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS4+5)
Week A	2.2.3 Movement in the frontal plane about the sagittal axis when performing cartwheels	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	12 June 2025	
Week B	2.2.4 Movement in the transverse plane about the vertical axis when performing a full twist jump in trampolining	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	19 June 2025	
Week A	3.1.1 Definitions of fitness, health, exercise and performance and the relationship between them	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	26 Jun 2025	
Week B	3.2.1 Components of fitness and the relative importance of these components in physical activity and sport	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	03 July 2025	
Week A	3.2.2 Fitness tests: the value of fitness testing	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	10 July 2025	