

**Subject: BTEC Sport**

**Year group: 10**

**Independent Learning termly plan – Autumn**

<b>Week commencing</b>	<b>Topic area</b>	<b>Task description/link</b>	<b>Due date</b>	<b>Recovery curriculum ragging (KS4+5)</b>
	A.1 Components of physical fitness part 1	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	13 Sept 2024	
	A.1 Components of physical fitness part 2	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	20 Sept 2024	
	A.1 Components of physical fitness part 3	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	27 Sept 2024	
	A.1 Components of physical fitness part 4	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	04 Oct 2024	
	A.2 Components of skill-related fitness part 1	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	11 Oct 2024	
	A.2 Components of skill-related fitness part 2	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	18 Oct 2024	
	A.2 Components of skill-related fitness part 3	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	25 Oct 2024	
<b>HALF TERM</b>				
	A.3 Why fitness components are important for successful participation	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	01 Nov 2024	
	A.4 Exercise intensity and how it can be determined	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	08 Nov 2024	

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	A.5 The basic principles of training (FITT)	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	15 Nov 2024	
	A.6 Additional principles of training part 1	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	22 Nov 2024	
	A.6 Additional principles of training part 2	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	29 Nov 2024	
	B.1 Requirements for each of the following fitness training methods	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	06 Dec 2024	
	B.2 Additional requirements for each of the fitness training methods	Exam questions – set on Arbor: <a href="https://midhurst-rother.uk.arbor">https://midhurst-rother.uk.arbor</a>	13 Dec 2024	