

How to Pass – Higher PE

Welcome

Study timetable

Time management skills

Quiet area to study
(Classrooms available)

No Electronics

Sleep

*No Electronics 1 hour
before bed*

*Same time to bed and out
of bed - routine*

Exercise

Drink water

Child under pressure?

*Encourage them to do
their best*

Nerves are good

"People think that feeling anxious while taking a standardized test will make them do poorly on the test. However, recent research suggests that arousal doesn't hurt performance on these tests and can even help performance... people who feel anxious during a test might actually do better."

This means that you shouldn't feel concerned if you do feel anxious while taking today's test. If you find yourself feeling anxious, simply remind yourself that your arousal could be helping you to do well"

Higher PE

x 1 off performances

Score out of 30

$$?/30 = 50\%$$

Written exam = 50%

Performance

Keep Training

*Use of Extra Curricular
opportunities*

Fitness

Performance

Students do well in this

*They need to
focus on the
written exam*

What???

They say they don't have anything to revise?

- *Booklets*
- *Google Classroom*
- *BBC Bitesize*
- *Homework*
- *Past Paper Questions*

Exam

Thursday 28th April

1 - 3:30pm

50 marks

2 hours & 30 mins

3 Sections

Section 1 = 32 marks

MESP

Section 2 = 8-12 marks

PDP

Section 3 = 8-12 marks

Scenario

- - *First 10 mins - Read over paper*
- - *Choose the best questions for you*
- - *Number them*
- - *Leave gaps after answers*
- - *Number/ Label your question*

Break down time.....Sums

2 hours 30 mins = 150 mins

- 10 mins for reading = 140 mins

- 50 marks = 140 mins

- 1 mark = 2 mins 48 secs

- 4 mark answer = 11 mins 12 secs

Think for yourself

Make notes now!

- Use class time

*Review what you have done in class
at home*

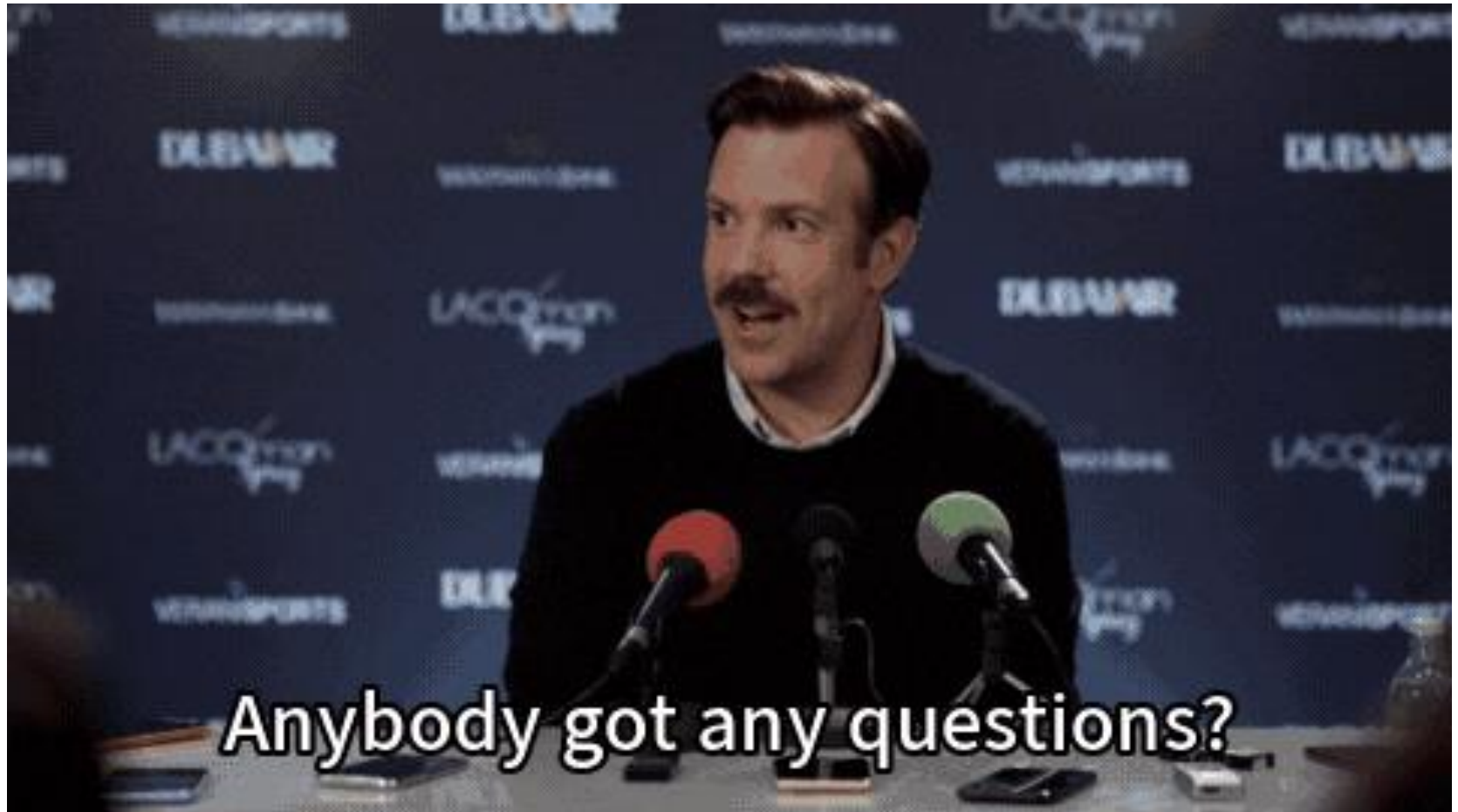
Extra study, Tuesday after school

Communication

- If unsure ask!



Questions?



Anybody got any questions?