

*Welcome*

*How are you feeling?*

*You do a brilliant job  
- well done!*

*You can help your  
child*

*Talk to them - plan*

*Mr F's words of  
wisdom...*

*Study timetable*

*Time management skills*

*Quiet area to study*

*No Electronics*

*Sleep*

*No Electronics 1 hour  
before bed*

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

*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"*

*Exercise - Walk as family*

*Outside - Fresh air  
 $\frac{1}{2}$  hour before study*

*Rewards & Hugs*



# *Higher PE*

*2 x 1 off performances*

*Score out of 30*

$$?/60 = 50\%$$

*Written exam = 50%*

# *Performance*

*Students do well in this*

*They need to  
focus on the  
written exam*

*What???*

*They say they don't have  
anything to revise?*

*Show Resources*

*Yeah!!!*

*You are sitting  
the exam*



*Well done*

*Nervous?*

*Breathe*

*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 4 U*
- - *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*

*Do your best*

*90-100%*

*Respect*

