



Structure of Exam

1 x 2 hour paper

Unit 03 Preparing and planning for health and fitness

| Exam Paper Links: | Useful Websites/Apps/Books: |
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| All specimen papers have been emailed to students | https://www.ncfe.org.uk/.../ncfe-level-2-certificate-in-health-and-fitness Edexcel GCSE Physical Education text book |
| How to revise: | Tips to Answer Common/Extended Questions: |
| Attend the exam preparation sessions 4-5pm on a Tuesday after school Practice answering specimen papers Use the PowerPoints that have been emailed to you to check your answers Use the specimen papers which have been emailed to you to learn the key points to answer each question Produce a Mind Map for each section of the unit | Ensure you answer all questions on the exam paper Read the question before you start to plan your answer Read the assessment criteria for each question so you understand how to achieve a Pass/Merit/Distinction Identify key command word in each question Identify key words in each question Plan your answer before you start writing Write your answer Check your answer to ensure you have answered the question |