**Top Tips for exam success in A2 Physical Education**

**Exam Requirements**

* Write in black ink – blue will not scan well and so won’t be seen
* Ensure your writing is legible – see examples
* If you run out of space use the supplementary answer book not just additional paper.

**Exam Technique**

* Take time to consider each question
* Take note of the number of marks give for each question- don’t waste time rewriting the question.
* Structure your answer- does it make sense?
* Make sure you are answering the question and not just regurgitating your knowledge of the topic.

**Timings**

2 hour exam- 120 mins

* 5 mins to read through paper
* 35 mins per section
* 15 mins – 14 markers
* 15 mins – 2 x 7 markers
* 5 mins to check answers
* 10 mins to check whole paper at the end.

**How to tackle the exam…**

***PHED3- Each section is worth 10% of you’re a level!!***

****Exercise Physiology**

Here you will need to know key words and definitions. You will have to apply your knowledge to the question. For example if a question asks you to apply Newton’s Laws to a swimming example you must talk about the swimmer!! You will not get any marks for regurgitating Newton’s laws.

**Sports Psychology**

Here you will be asked to apply theories to the question. You need to think of the bigger picture as quite often areas overlap each other and you can draw knowledge from other topics to improve your answer. With Psychology they are nearly always going to ask you a reformative question.

For example what is learned helplessness….. how can you prevent this or overcome this in your performer. They will always ask you how you would change this.

Remember your **BANKERS!!!!!!**



**Contemporary**

The 7 marks questions in this section may well be 7 marks for one question and not split into two. They often require a more in depth answer.

Technology questions- these will never be specific to a sport i.e. how to artificial surfaces or floodlighting benefit the performer, spectator and governing bodies it will be general. You can use specific examples to back up your answer.

Learn the boring bits!! Learn the World Class performance pathway and the aims of the various organisations. It will get you marks!!!

You will need to revisit AS historical factors for this section- knowledge of development of sport, amateur Vs professional etc Dig out Mr. Jones’ notes!!

**Lessons learnt from last year..**

**Grade boundaries**

Max mark 84

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | A\* | A | B | C | D | E |
| Raw Mark | 57 | 50(47) | 43(41) | 36(35) | 30(29) | 24 |
| UMS | 108 | 96 | 84 | 72 | 60 | 48 |

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**Common Mistakes**

* Rubric Error- not completing 2/3 questions. If you answer 2 parts of different questions you could lose up to 21 marks.
* Poor Handwriting- see examples
* Incorrect numbering of questions
* Continuation sheets- if you think you may want to add something else to an answer later in the exam it is better to leave a space to fill in later than continue on separate sheets.
* Lack of understanding of common command words- see separate sheet

**Topics last 2 years**

**Exercise Phys**

* S & C- energy systems and Glycogen loading (2010). Angular Momentum & Plyometrics (2011)
* Fibre types, newton’s laws, fatigue, ice baths, OBLA and periodization (2010). Energy systems, motor units, steroids, EPOC, DOMS (2012).

**Sports Psychology**

* S & C- social facilitation and strategies to overcome (2010). Cohesion & Steniers model (2012).
* Attitude, attributions, arousal, management techniques, POMS, cohesion (2011). Achievement motivation & approach behaviour, types of anxiety, home field advantage, types of leader, changing attitudes (2012).

**Contemporary**

* S & C- impact of sport on society and governing bodies (2011). Sportsmanship (2012)
* Technology, world class performance pathway, role of National institute of sport, historical development of sport (2010). Law & sports legislation, spectator violence, commercialisation, sports coach UK & drugs Adv/Disad.

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**Stretch and Challenge Questions**

* You will have three 14 mark compulsory stretch and challenge questions to complete
* Each question will have a max 24 points you need to access to gain top marks.
* Key command words- outline… no marks for advantages/ disadvantages

**Mark allocation**

Level 4- over 75% of mark scheme accessed

Level 3- over 505 of mark scheme accessed

Level 2- over 25% of mark scheme accessed

Level 1- under 25% of mark scheme accessed.

**How its done….**

|  |  |
| --- | --- |
|  | 24 point mark scheme |
| Level 412-14 marks | 18/19/20 points- 12 marks21+ points – 13 marks+ 1 for written quality- 14 marks max |
| Level 38-11 marks | 12/13 points- 8 marks14/15 points- 9 marks16/17 points- 10 marks+ 1 for written quality- max 11 marks |
| Level 24-7 marks | 6/7 points – 4 marks8/9 points- 5 marks10/11 points – 6 marks+ 1 for written quality-max 7 marks |
| Level 11-3 marks  | 1 /2 points- 1 mark3/4/5 points 2 marls+ 1 for written quality-max 3 marks  |