

Key words which should be included in Exam answers

Below is a list of key words, sentence starters and advice that to put in each of the questions. This is through reviewing the examiner's report October 2017.

1.1 Medically fit and ready, Doctor, Safe to exercise, Yes, No

1.2 Is suitable/ok, test results, fit/unfit, concerns/issues, FITT (Merit/Distinction level)

1.3 Warm up, Drink for hydration, Correct kit to wear, Health and safety of actions, food to give them energy, mental preparation (If they just put in little detail will gain a Pass, if more detailed higher grade obtain).

1.4 Sentence start: Either "In my opinion the base level of fitness for (Name)" or "The base level of fitness of (Name) followed by "I know this because.... (Use the table they get given and pick out some reasons) Pick more than one component to gain Merit or higher. If they compare components they will get higher grades.

2.1 Pupils need to make sure they have the correct structure of a program: Warm up, Main activity and Cooldown. I have also told mine that they can put the same warm up on every day if they like (Likely to only gain a pass).

Warm up – Include Pulse raiser and Dynamic stretches (Essential they write this by their warm up) Be even better if they then put what the activity will be for each. Also make sure they write it last for 5-8mins

Main activity – We get our children to just alternate days so if a paper says do 4 days of a program make sure that they do an even spread of the two components that they want to improve. If they just ask for two days do one of each. If they ask for week 1, week 3, week 6 just make sure they have increased the amount of exercise slightly on each week or the time on each week. This shows an understanding of FITT. If they can use the word progression this will gain them higher grades.

Cooldown – Make sure they include the word Lower pulse rate and Static stretches, again showing some examples is a good idea. Make sure they again say how long it will last 5-8 mins.

2.2 – Structure is shown and do not miss days out. Structure should follow:

Breakfast, Lunch, Dinner – Showing snacks throughout the day they like to and its really important that with every meal and throughout the day they are showing all the drinks that the person drinks.

DO NOT USE UNHEALTHY OPTIONS ON THE DIARY. STAY AWAY FROM SMOOTHIES TOO.

Higher grades will show different ways of cooking food e.g grill fish, grill chicken, baking things instead of frying.

3.1 – Most papers always show some improvement after a program – So think a sentence starter of "The program has been effective because" followed by "The fitness test show that (Name)". If you do one you will gain pass if you show range higher grade. Must link back to the exercise in the program though (Components)

Summer holidays independent study – preparation for Yr11 examination

3.2 – Think they want to see them change the environment here so for example: run outside instead of treadmill. Higher grades will say why it will be more of a positive or negative
Example – Swimming is good as it is inside and can be done all year round, however it does cost most and so not everyone would be able to do it. Running outside is free and so everyone can do it however in the winter might lose motivation because it gets cold and wet.
(Make sure that they have at least one change)

3.3 – Must show at least one improvement “One improvement that (Name) could do is.....
(Change frying the chicken in their diet to grilling it). Higher grades will change more and explain why. Variety of food to stop them getting bored.

Essential – Don't let them miss day (CHEAT DAYS ARE A NO!) / NO UNHEALTHY
OPTIONS