

Revision and exam technique.

Exam technique, the four content areas, and past-paper practice

NAME:

TARGET GRADE:

READ THE COMMAND VERB FIRST

The verb tells you how much to write. Deciding the length before you start is what stops you running out of time at question 3.

Command verb	What it asks for	Marks	How long my answer should be
State, name, identify, give	recall or select. No explanation needed	1	
Describe	two or more linked descriptive points on features, uses or processes	2 to 3	
Explain	a justification: the reason, way, benefit or importance	2 to 4	
Complete the table by stating	one point that identifies, one that justifies it	2 to 4	
Assess, evaluate	weigh the factors, reach a supported judgement. Levels marked	6 to 9	

Total paper: 60 marks in 90 minutes. That is roughly a mark and a half a minute, including reading time.

IDENTIFY, THEN EXPAND

Every mark scheme, all year: "Award 1 mark for identifying a correct reason and 1 mark for a linked expansion. Must have the identification to be awarded the expansion."

	The answer	Marks
Half an answer	"A heart rate monitor."	1 of 2
A full answer	"A heart rate monitor (1), which measures how hard she is working during the session (1)."	2 of 2
No identification	"It measures how hard she is working."	usually 0

Now you. Write full two-mark answers for these:

1. Explain one component of fitness a cross-country runner needs.

2. Explain what the Bioelectrical Impedance Analysis test does.

3. Describe one other type of goal a coach could set, other than short-term.

THE SIX-MARK QUESTION

Level	Marks	What it looks like
Level 1	1 to 2	isolated knowledge with major gaps · few points relevant to the question · generic assertions, unsupported judgements
Level 2	3 to 4	some accurate knowledge, minor gaps · some points relevant but the link is not always clear · partially supported judgements
Level 3	5 to 6	mostly accurate and detailed · most points relevant with clear links · well-developed, logical, supported judgements

The sub-max rule. Two named components means a maximum of three marks each. Everything you know about one still caps at 3 out of 6.

The plan. Three points per component, every time:

Component 1 (3 marks max)

1. what it is 2. its test or method 3. what it does for this performer

Component 2 (3 marks max)

1. what it is 2. its test or method 3. what it does for this performer

ANSWERS THAT SCORE NOTHING

Every one of these was written into a real mark scheme as an answer that earns no marks. Add to the list every time you meet another.

What scores nothing	What to write instead
"Fitness tracker", "fitness band", "sports vest", or "heart rate" on its own	name the device: heart rate monitor, smart watch or app
"Rest and recovery" as a component of a cool down	the components are the pulse-lowering activity and the stretch
"Remove lactic acid" as the reason for stretching	that reason belongs to the pulse-lowering activity
A goal described without a timescale	one day to one month for short-term; a season for long-term
An impact linked to the wrong training method	check the method actually develops that component

The cheapest marks in the paper: knowing what not to write.

THE CALCULATIONS

Learn these to automatic. Show your working every time: a wrong answer with the right method can still earn marks.

Drill. Fill this in against the clock:

What	The rule
Maximum heart rate	$220 - \text{age}$
Aerobic training zone	50 to 85% of HR max
Anaerobic training zone	80 to 100% of HR max
Borg RPE scale	runs 6 to 20 · RPE $\times 10$ = heart rate in bpm
Body Mass Index	weight in kg $\div$ height in metres squared

Age	HR max	70% of HR max
15		
17		
22		
38		
54		

More practice. Show your working:

1. A performer reports RPE 16. What is their approximate heart rate?

2. A 16-year-old trains at 80% of HR max. What is their training heart rate?

3. A performer weighs 70kg and is 1.75m tall. What is their BMI?

4. A performer's 1RM is 90kg. What weight is 60% of their 1RM?

AREA A RECALL

Cover your notes and fill this in. Then check against your area booklet and correct in a different colour.

Prompt	What I can remember
The eleven components of fitness, and a sport for each	
FITT: what each letter means	
The seven additional principles of training	
HR max, and both training zones	
The Borg scale, 1RM and 15RM	
The three technologies that measure intensity	

AREA B RECALL

Cover your notes and fill this in. Then check against your area booklet and correct in a different colour.

Prompt	What I can remember
Five reasons for fitness testing	
The four pre-test procedures	
Reliability, validity and practicality defined	
The five factors that affect reliability	
Every test for every physical component	
Every test for every skill-related component	
The three steps from a result to a recommendation	

AREA C RECALL

Cover your notes and fill this in. Then check against your area booklet and correct in a different colour.

Prompt	What I can remember
Warm-up and cool down: what and why	
The four aerobic endurance methods	
The three stretching methods	
Muscular endurance against muscular strength: loads and reps	
The three speed methods	
The methods for the five skill-related components	
The long-term effects of each type of training	

AREA D RECALL

Cover your notes and fill this in. Then check against your area booklet and correct in a different colour.

Prompt	What I can remember
Aim against objective	
The four pieces of personal information	
Motivation defined, in specification words	
Intrinsic against extrinsic, with examples	
SMARTER, all seven letters	
Short-term and long-term goals, with timescales	

MY PAST PAPER TRACKER

Log every paper by content area, not just the total. The area with the lowest percentage is where your revision goes next.

Paper	Date sat	A	B	C	D	Total / 60	My weakest area, and what I did about it
Sample paper							
January 2024							
June 2024							
January 2025							
May 2025							
January 2026							
Mock							

A total tells you nothing about what to revise. The breakdown does.

AFTER THE MOCK

The mock is only useful if you do something with it. Work through every question you lost marks on, using the mark scheme.

Question	Marks lost	Why I lost them	What I will write next time

My mock mark: / 60

My weakest content area:

My one priority:

THE LAST WEEK

High frequency, short sessions. Long heavy revision the night before does less than sleep does.

When	Calculations drill	Knowledge organiser blanked	One six-marker planned and written	Refusals list read
Six days out				
Five days out				
Four days out				
Three days out				
Two days out				
The day before				

On the day. Read the command verb before every question. Identify, then expand, on everything worth two or more marks. Show every calculation. On the six-marker, cover both named components. Use the performer's name and their sport.