

PEAK FOR THE EXAM - 'Study Skills in PE & HE'

When handing in past papers to be marked, let your teacher know which step you used.

Step 7 – **EXAM DAY!!!** Be confident going into the exam knowing you have prepared well and ready to showcase your knowledge.

Step 6 – Complete past paper question. Limit yourself to the exam time. Do not use your notes.



Step 5 – Complete past paper questions. Take as long as you want to do it. Do not use your notes.

Step 4 - Complete past paper questions. Look at questions coming up. Study for the questions. Limit the time you have to do it eg any question in section 1 + 2 = 20mins and scenario question = 30 mins. Do not use notes while doing it.



Step 3 – Complete past paper questions. Look at questions coming up. Study for the questions. Take as long as you want to do it. Do not use notes while doing it.

Step 2 – Complete past paper questions. Give yourself a time limit, use your notes while doing it.



Step 1 – Complete past paper questions. Take as long as you want to do it, use your notes while doing it.

