



Viva Exam – Yr 7 PE

Health and Well-Being Exam

Your **Viva exam** supports you in developing your confidence, self-expression and curricular understanding.

It does so by improving your **oracy**.

When a University student writes a thesis (their final paper or exam), they have to defend what they have written whilst their Professors ask questions. This is often referred to as a **Viva exam**.

Viva is short for **Viva Voce**, this is the Latin for ‘**with living voice**’, or in other words **spoken** not written.

Across this Half Term you will prepare for a **Viva exam** on the curricular area we are studying, this will be **instead** of your End of Term exam.

Your teacher will support you in **preparing** by **suggesting** what you may speak about, **providing** materials to support you, **checking** in on your planning and progress and giving you **feedback** after you have spoken so that you know what you have done well and what you will need to improve, next time.

This pack contains the basic materials and guidance you will need, to prepare for your **Viva exam**.

‘Viva’ Exam – PE Health and Well-Being– Year 7

Student Name:

Expectations:

- 1) To speak unaided and without interruption for one minute describing the benefits of playing sport/ physical activity has on a person’s health and well-being.
 - 2) To Speak unaided and without interruption for one minute describing the rules and structure of one sport they have performed so far this term. Students will also highlight a strength and weakness within this sport identifying the impact it has on performance.
- (2 minute speech in total)

Resources Permitted:

You can have up no more than five bullet point sentences to prompt you.

Marking and Grading:

As with your End of Term, your Viva will be given a 0-9 grade, students should always aim to meet or exceed their target grade. However, there is no need to feel bad if you don't, all this means is that you are learning and making progress!

Your total marks will be multiplied by five to produce a percentage, just like you get in your other End of Term exams, the teacher will then convert this percentage so that your termly report can show a grade in this area.

Viva exams are marked in four categories, please see the mark scheme below:

Preparation Mark:	Level 3 – Award 4-5 Marks Complete and exemplary evidence of written preparation.
	Level 2 – Award 2-4 Marks Purposeful but incomplete evidence of written preparation.
	Level 1 – Award 0-2 Marks Limited or no written evidence of preparation.
Timing and Content Mark:	Level 3 – Award 4-5 Marks Speaks for the full allocated time, without pause or interruption. Speaks exclusively on the subject selected, is precise, concise and purposeful. Speaks without the use of any written or visual aids.
	Level 2 – Award 2-4 Marks Speaks for more than half of the allocated time, with limited pause or interruption. Speaks exclusively on the subject selected, but lacks precision and focus at times.
	Level 1 – Award 0-2 Marks Speaks for less than half of the allocated time and or fails to focus on the subject and lacks purpose.
Manner and Presentation Mark:	Level 3 – Award 4-5 Marks Projects and modulates consistently, uses rhetorical skill, body language and positioning throughout and with exemplary effect.
	Level 2 – Award 2-4 Marks Projects well but modulates and uses body language inconsistently, increasing evidence of rhetorical skill.
	Level 1 – Award 0-2 Marks Fails to project or modulate voice, use of body language is limited, rhetorical skill is largely unevicenced.
Response to questioning Mark:	Level 3 – Award 4-5 Marks Responds convincingly and thoughtfully to both questions, in line with the Level 3 criteria for Timing and Content and Manner and Presentation.
	Level 2 – Award 2-4 Marks Responds convincingly to elements of both questions or to just one question but not the other.
	Level 1 – Award 0-2 Marks Is unable to respond at all or convincingly enough, to either question.

Overview:

For this exam you will need to prepare how you are going to describe the importance of sport/physical activity on health and well-being. You will need to state the three different types of health and well being (Physical, Mental, social) explains how they are different from each other and provide examples of the benefits sport has on them. Explain what a Sedentary lifestyle is and state the consequences that may occur. You will then choose one sport that you have participated in Term 1 explaining the rules and structure of that sport. For this sport you will then identify a strength of yours when performing and an area for development explaining how the strength and weakness impact your performance when playing.

Stage 1 – Name the three different types of health and well being defining what they are providing at least two benefits that playing sport/physical activity brings.

Stage 2 – Explain what a sedentary lifestyle is and the consequences of leading one.

Stage 3 – Choose one sport from term 1 that you feel most knowledgeable in explaining the rules and structure and identifying your strength and area for development within that sport.

Stage 4 – Condense all your work into 5 bullet point sentences.

Stage 5 – Practice reading aloud your presentation

Stage 1

Name the three different types of health and well-being.

- Identify the 3 types of health and well-being: Physical, Mental and Social.
- Memorise at least two benefits that sport has for each well-being.
- For the two benefits can you further explain the positive effect this will have on a person or sports person.

Stage 2

Define what a Sedentary Lifestyle is.

- Understand what the 'term' sedentary lifestyle means.
- Provide examples of how people choose to lead a sedentary lifestyle. (Use internet for different ideas)

Stage 3

Choose from Football, Netball, Basketball, Trampolining or Rugby and explain the structure of the game and rules that are in place.

- Identify 3 key rules of your chosen sport and explain how to be successful within the sport.
- Analyse one key skill that is your strength identifying the impact it has on the performance. (Passing, dribbling, shooting, somersaults etc)
- Analyse one key skill for development identifying how it may negatively impact performance and what can be done to improve that skill.

Stage 4

Condense all your work into 5 bullet point sentences.

- Write out the key words that would prompt you to read the extra information that you have written

Stage 5

Practice reading aloud your presentation:

- Practice your presentation in front of friends, family and in front of the mirror. Try not to stumble with your words and speak as fluent as possible when describing the history of the blues and five points about a famous composer/singer
- Practise your presentation again but this time with just the five bullet pointed sentences

STAGE 1A: LIST THE THREE TYPES OF HEALTH AND WELL-BEING

- 1.
- 2.
- 3.

STAGE 1B: IDENTIFY THE BENEFITS OF PARTICIPATING IN SPORT ON EACH TYPE OF HEALTH AND WELL-BEING

HEALTH AND WELL BEING	BENEFIT 1	BENEFIT 2	EXTENSION- HOW DOES IT HELP IN YOUR PERFORMANCE
1.			
2.			
3.			

STAGE 2: DEFINE SEDENTARY LIFESTYLE PROVIDING EXAMPLES OF LIFESTYLE CHOICES.

DEFINITION:

EXAMPLE 1:

EXAMPLE 2:

IDENTIFY TWO CONSEQUENCES OF A SEDENTARY LIFESTYLE.

- 1.
- 2.

STAGE 3: EXPLAIN THE RULES AND REGULATIONS OF YOUR CHOSEN SPORT IDENTIFYING AT LEAST 3 KEY RULES

SPORT:

THREE KEY RULES

- 1.
- 2.

3.

STRENGTH FOR CHOSEN SPORT:

WHY IS IT YOUR STRENGTH?

WEAKNESS FOR CHOSEN SPORT:

WHY IS IT YOUR WEAKNESS?