



Viva Exam – Year 9 PE- Cardio- Respiratory System

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 Cardio-Respiratory System Year 9
Student Name:
Expectations:
1) To speak unaided and without interruption for one minute describing the function of the cardiovascular and respiratory systems. The student will be able explain the 3 types of blood vessels and the passage of air when entering through our mouth/nose to the alveoli.
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 define the function of the cardiovascular and respiratory systems. You will state the components of the cardiovascular system explaining the role of each blood vessel. This will link to the respiratory system where the pathway of air is explained. Students can extend their understanding by defining key terms which are located in their knowledge organiser.

STAGE 2- Describe the Components of the cardiovascular System

Components of the cardiovascular system:

- 1.
- 2.
- 3.

3 Types of Blood vessels and function-

Arteries-

Veins-

Capillaries-

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?