



The Henry Cort Community College

Hillson Drive, Fareham, Hampshire PO15 6PH

Telephone: 01329 843127 Email: enquiries@henrycort.org

www.henry-cort.hants.sch.uk

Our ref: JDP/LCD

25 May 2022

Dear Parents/Carers

VCert Health and Fitness Examination

As you are aware, your son / daughter will sit their PE VCert Health and Fitness examination on **Monday 27 June 2022**. To avoid any confusion, please note that this is also an inset day. **Students should arrive in college for 8:20am in full uniform.**

As this exam is worth 40% of your child's overall PE grade, it is vital that we give it 100% focus and try to achieve the best possible grade that we can. To give students maximum learning time before the exam, for the 2 weeks before the exam, all PE lessons will be changed to PE VCert theory lessons. This will give them an extra 2 theory lessons to boost revision in preparation for the exam. After the exam, all 5 lessons will be practical.

Students are expected to revise at home. All revision resources have been provided to them on Google Classroom as well as printed workbooks in class. There are mock papers, mark schemes, mind maps, power point presentations and workbooks for them to revise from. The grade achieved in this exam will be combined to the 60% coursework grade that all students have now completed to give their overall grade.

We believe everyone has the capability of doing really well in their exam and all the PE staff are here to support, so please encourage your child to ask us for any help if they require it.

If your child usually travels to college by bus and requires transport on the day, please complete the following form indicating which route and stop your child usually uses. We will be using our college minibus on this day: [PE exam travel requirement form](#)

Finally, to support your child please ensure that they have sufficient stationery on the day of the exam including a clear pencil case, several black pens, some highlighters and a ruler. They should think carefully about their diet and nutrition on the day (e.g. have some fresh fruit and also a water bottle). Energy drinks and high sugar foods reduce performance in examinations and should be avoided at all costs. Students are not allowed to wear watches or have mobile phones with them during the exam and it is advisable that these are left at home if possible.

Please do not hesitate to contact me should you require any further help or information.

Yours sincerely

Mr J Plomer
PE and Sport Partnership Leader

PRINCIPAL: Ms C Cabbage BSc (Hons), Dip Ed, MBA, CMgr FCMl

SENIOR LEADERSHIP: Mrs L Turvey LLB (Hons), MA, Mr T Mitchell BSc (Hons), MSc, Mr B Parker BA (Hons), Ms L Ferrier BA (Hons), Miss C Gudgeon BA (Hons) Mrs K Cook BA (Hons), ADSBM

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