

C A R I B B E A N E X A M I N A T I O N S C O U N C I L  
HEADQUARTERS

PHYSICAL EDUCATION AND SPORT  
PAPER 02

GENERAL INSTRUCTIONS FOR CANDIDATES FOR  
THE PRACTICAL EXAMINATION

Fifteen minutes prior to the start of assessment of practical skills on the practical examination, the external examiner must read the following instructions to ALL candidates.

In preparation for your demonstration of basic and advanced skills, you must

1. listen carefully to ALL instructions given to you
2. remove ALL jewelry
3. wear appropriate and comfortable attire (Use the checklist provided by the teacher.)
4. wear protective gear as required by your sport (Use the checklist provided by the teacher.)
5. warm-up gradually by doing aerobic and stretching exercises followed by an event-specific warm-up before your activity/demonstration.

In addition, you must

6. cool down after your activity/demonstration
7. drink water before your activity and have at hand a suitable hypotonic liquid to sip as needed during and after your activity
8. begin or stop your activity/demonstration when instructed to do so by the external examiner
9. answer questions, if any, from the external examiner about your presentation.