

# GCSE PE

## Paper 2

### Revision Booklet

Name: \_\_\_\_\_



## GCSE Engagement Patterns: What do I need to know?

Be familiar with current trends in physical activity and sport, understand how different factors affect participation, understand strategies that promote participation.

Social Group	How does this affect participation?
Age	
Gender	
Ethnicity	
Religion/Culture	
Family	
Time/Work Commitments	
Cost/Disposable Income	
Disability	
Opportunity/ Access	
Discrimination	
Environment	
Media Coverage	
Role Models	

## GCSE Engagement Patterns: What do I need to know?

Be familiar with current trends in physical activity and sport, understand how different factors affect participation, understand strategies that promote participation.

The Scenario	What has happened?
The number of people participating in sport since 2012.	
The popularity of running since 2012	
Are men or women more likely to take part in sport?	
What is the most popular team sport in the country?	
The popularity of disability sport since 2012	

Strategy	How can you increase participation?
Promotion	
Provision	
Access	

### Unit 4.1 Test

1. Which one of the following could have a negative effect on participation in physical activities?
  - a. Free swimming for children during school holidays
  - b. Steps with no wheelchair ramp outside a sports centre
  - c. A health screening questionnaire for new members at a gym
  - d. A newspaper advertisement for a local exercise class for the elderly
  
2. Which one of the following shows how funding could be used to affect participation levels?
  - a. To increase prize money to motivate the best performers to compete
  - b. To build new facilities to provide activities for people
  - c. To sponsor football players to advertise health products
  - d. To help pay for private medical care for athletes
  
3. Which is an example of the environment affecting levels of participation in the UK?
  - a. Very few people ski
  - b. Low numbers of boys participate in ballet
  - c. Many girls play netball
  - d. High numbers of older people can swim
  
4. Which one of the following is an example of discrimination in physical activities?
  - a. A golf club preventing women from joining
  - b. An exercise class for beginners
  - c. A wheelchair ramp at the leisure centre
  - d. A crèche for children at the swimming pool
  
5. Which is an example of the best role model for learning physical activity skills?
  - a. A parent who is good at playing and teaching sports
  - b. A friend who is not into sports but is willing to try
  - c. A sports coach who wants to win by whatever means possible
  - d. A top quality newspaper's sports coverage

6. Give one way schools can encourage participation of young people?

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7. Describe how a leisure centre could encourage participation of OAP's?

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8. Describe how a facility could enable people in a wheelchair to access their facility?

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9. Describe what is happening to the participation of BME participants?

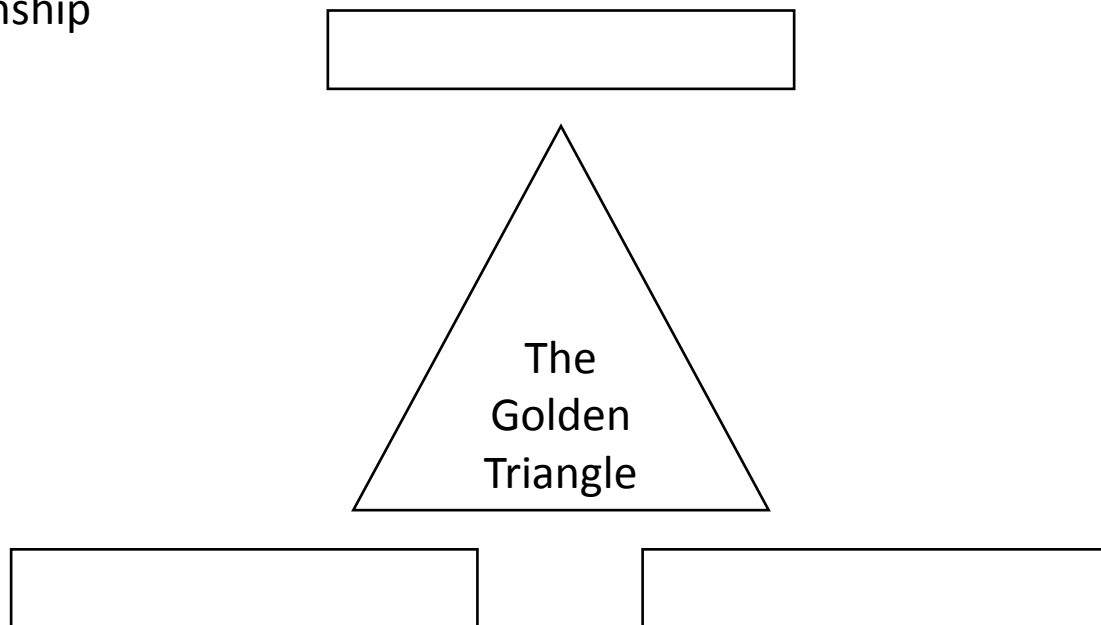
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10. Give one reason that the unemployed may be more active than the employed.

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# GCSE Commercialisation: What do I need to know?

Understand the influence of the media on sport, understand the influence of sponsorship on sport, understand the golden triangle relationship



Commercialisation is...

How does sport benefit from commercialisation?

How do sponsors benefit from commercialisation?

How does the media benefit from commercialisation?

Type of Media	Examples
Television	
Radio	
Press	
Films	
Internet	
Social Media	

## GCSE Commercialisation: What do I need to know?

Understand the influence of the media on sport, understand the influence of sponsorship on sport, understand the golden triangle relationship

	Positive Effects	Negative Effects
Effects of the media on sport.		
Effects of sponsorship on sport		
Effects of sport on sponsors		

Type of Sponsorship	Examples
Individuals	
Teams	
Sports	
Events	

### Unit 4.2 Test

1. Which one of the following shows the influence of the media on participation?
  - a. Advertising a product at rugby matches can increase product sales
  - b. Showing live football matches can increase the size of the audience
  - c. Radio commentary can inform everyone about the scores in cricket
  - d. Coverage of Wimbledon can encourage people to play tennis
  
2. Which one of the following is an example of the media encouraging participation?
  - a. Phoning into a local sports' radio station
  - b. Reading the sports' section in a newspaper
  - c. Following your team's results on the internet
  - d. Playing tennis after watching Wimbledon on TV
  
3. Which one of the following is an example of sponsorship?
  - a. Paying to watch a football match
  - b. The government pays for a new swimming pool
  - c. A rugby club paying one of their players
  - d. A local business pays to run a netball tournament

4. Give one effect that television coverage has had on football

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5. Give one rule that has changed due to television coverage of PE

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6. Give one reason crowds might be affected by television coverage

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7. Give one example of how a sponsor has a positive effect on an athlete

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8. Give one example of how a sponsor may have a negative effect on an athlete

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9. Give one reason that the media would choose to show sport

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10. Give one reason why minority sports are under funded

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## GCSE Ethics in Sport: What do I need to know?

Know the role and reasons for gamesmanship, deviance and sportsmanship in sport, know the reasons for use of and types of drugs used in sport, know the reasons for player violence.

	Definition	Reasons for...	Examples
Gamesmanship			
Sportsmanship			
Deviance			

Drug	Effect
Anabolic Steroids	
Beta Blockers	
Stimulants	

**Reasons athletes take drugs...**

**Impact of drugs on the performer...**

**Impact of drugs on the athlete...**



# GCSE Ethics in Sport: What do I need to know?

Know the role and reasons for gamesmanship, deviance and sportsmanship in sport, know the reasons for use of and types of drugs used in sport, know the reasons for player violence.

**Reasons for violence in sport...**

**Examples of violence in sport...**

1. Which one of the following is a good example of sportsmanship when participating in sport?
  - a. You stop playing when your opponent is injured
  - b. You celebrate when you win a competition
  - c. You always try to win even when you are tired
  - d. You wear fashionable kit for the activity
  
2. Which one of the following is an example of an effect of blood doping?
  - a. An increase in the number of red blood cells in the body
  - b. A decrease in oxygen uptake in muscles
  - c. A decrease in the likelihood of blood infections
  - d. An increase in the temperature of muscles
  
3. Which of the following is an example of sportsmanship?
  - a. Scratching one side of the ball in cricket
  - b. Leaving a leg out to win a penalty in football
  - c. Calling a ball out for your opponent in tennis
  - d. All of the above
  
4. Which of the following is an example of deviance?
  - a. Scratching one side of the ball in cricket
  - b. Leaving a leg out to win a penalty in football
  - c. Calling a ball out for your opponent in tennis
  - d. All of the above
  
5. Which of the following is an example of gamesmanship?
  - a. Scratching one side of the ball in cricket
  - b. Leaving a leg out to win a penalty in football
  - c. Calling a ball out for your opponent in tennis
  - d. All of the above

6. Other than the example above, give one example of deviance.

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7. Other than the example above, give one example of deviance.

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# GCSE Sports Psychology: What do I need to know?

Know the definition of motor skills, know how to classify skills, understand the SMART principle of goal setting, know mental preparation techniques, understand types of guidance, understand types of feedback.

## Classifying Skills

A motor skill is...
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Characteristic of skilful movements	Definition	Examples
Efficiency		
Pre-determined		
Coordinated		
Fluent		
Aesthetic		

	Definition	Examples
Open Skill		
Closed Skill		
Simple Skill		
Complex Skill		

## GCSE Sports Psychology: What do I need to know?

Know the definition of motor skills, know how to classify skills, understand the SMART principle of goal setting, know mental preparation techniques, understand types of guidance, understand types of feedback.

### SMART Targets

	Definition	Example
Specific		
Measurable		
Achievable		
Recorded		
Timed		

**Describe three reasons why you would use goal setting...**

1.

2.

3.

**Unit 3.1 and 3.2 Test**

1. Which one of the following shows a characteristic of skilful movement?
  - a. Showing fluent movements in a gymnastic routine
  - b. Hitting a ball in a cricket match
  - c. Thanking the official after a trampolining competition
  - d. Winning a doubles tennis match
  
2. Which one of the following pairs is part of SMART goal setting?
  - a. Sports and Timed
  - b. Movement and Specific
  - c. Achievable and Tedium
  - d. Realistic and Measurable
  
3. Which one of the following is a good reason for setting goals?
  - a. To increase anxiety levels
  - b. To move on to other interests
  - c. To challenge beyond your capabilities
  - d. To try to work as hard as you can
  
4. Which one of the following is an example of efficiency in a physical activity?
  - a. Serving in Tennis without wasting any effort
  - b. Bowling in Cricket that looks good
  - c. Shooting in Netball but just missing the target
  - d. Cyclist taking regular water breaks during a race
  
5. Which one of the following does SMART represent?
  - a. Special, Meaningful, Achievable, Realistic, Tedium
  - b. Specific, Measurable, Achievable, Realistic, Timed
  - c. Sustainable, Measurable, Agreed, Recorded, Timed
  - d. Sensible, Meaningful, Agreed, Recorded, Tedium

6. Explain why a serve in tennis a complex skill.

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7. Explain why a pass in football is a simple skill

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8. Explain why a drive in golf is a closed skill

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9. Explain why a front drive in cricket is an open skill

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10. Other than efficiency, give one characteristic of a skilful movement

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## GCSE Sports Psychology: What do I need to know?

Know the definition of motor skills, know how to classify skills, understand the SMART principle of goal setting, know mental preparation techniques, understand types of guidance, understand types of feedback.

<u>Mental Prep</u>	Definition	Example
Imagery		
Mental Preparation		
Selective Attention		
Positive Thinking		

<u>Guidance</u>	Definition	Example
Visual		
Verbal		
Mechanical		
Manual		

<u>Feedback</u>	Definition	Example
Intrinsic		
Extrinsic		
Knowledge of Perf		
Knowledge of Results		
Positive		
Negative		

**Unit 4.4 Test**

1. Which one of the following is an example of intrinsic feedback?
  - a. A coach telling you about the mistakes you have made in a gymnastics sequence
  - b. Looking at the scoreboard and realising that you have won the game
  - c. Feeling that a golf shot has gone wrong before you see where the ball has gone
  - d. A lineswoman shouting out during a tennis rally at Wimbledon
  
2. Which is an example of mental preparation for effectively performing physical activities?
  - a. Concentrating on the take-off board when about to perform the long jump
  - b. Stretching all the main muscle groups before a netball game
  - c. Jogging for a short distance before preparing for a sprint race
  - d. Eating a high proportion of carbohydrates before running a marathon
  
3. Which one of the following best explains the difference between a performance goal and an outcome goal?
  - a. A PG is concerned with the end result and an OG is concerned with tactics
  - b. A PG is concerned with targets and an OG is concerned with beating an opponent
  - c. A PG is concerned with technique and an OG is concerned with winning
  - d. A PG is concerned with a personal best and an OG is concerned with trying hard
  
4. Which one of the following pairs shows the difference between knowledge of results and knowledge of performance?
  - a. KoR is knowing how good your technique is and KoP is knowing your score
  - b. KoR is knowing which tactics to use and KoP is knowing how fit you are
  - c. KoR is knowing how fit you are and KoP is knowing which tactics to use
  - d. KoR is knowing your score and KoP is knowing how good your technique is
  
5. Which one of the following is an example of extrinsic motivation?
  - a. Enjoying exercising with weights in a gymnasium
  - b. Feeling a sense of achievement after running a race
  - c. Being satisfied with your efforts in trying to eat healthily
  - d. Wanting to win the basketball tournament to get a trophy
6. Other than the one stated above, give an example of intrinsic motivation  
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7. Other than the one stated above, give an example of extrinsic motivation  
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8. Other than the one stated above, give an example of internal feedback  
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9. Other than the one stated above, give an example of external feedback  
.....
10. State one type of mental preparation  
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# GCSE Health, Fitness & Wellbeing: What do I need to know?

Know what is meant by health, fitness and well-being, understand the health benefits of PA, know the definition of a balanced diet, know the component of a balanced diet, understand the effects of diet and hydration.

<b>Health is...</b>
<b>Fitness is...</b>
<b>Wellbeing is...</b>

<u>Physical</u>	<b>Benefit of Exercise</b>	<b>Sedentary Lifestyle Impact</b>
Injury		
Heart Disease		
Blood Pressure		
Bone Density		
Diabetes		
Posture		
Fitness		

<u>Emotional</u>	<b>Benefit of Exercise</b>	<b>Sedentary Lifestyle Impact</b>
Confidence		
Stress Management		
Image		

<u>Social</u>	<b>Benefit of Exercise</b>	<b>Sedentary Lifestyle Impact</b>
Friendship		
Belonging		
Loneliness		

**Unit 5.1 Test**

1. Which one of the following shows a sedentary lifestyle having a negative effect on participation?
  - a. You like watching the tennis on TV and you play tennis every week
  - b. You walk to school every day and play sport only at weekends
  - c. You prefer to play computer games than to play sports
  - d. You coach basketball to the younger pupils during school breakfast club
  
2. Which one of the following is the best measure of health, fitness and well-being?
  - a. How much money someone has
  - b. Only drinking five units of alcohol a day
  - c. The frequency of public transport in the area
  - d. The level of satisfaction you have in life
  
3. Which one of the following is an example of a lack of confidence affecting participation?
  - a. Feeling that you have too much else to do and not having enough time to exercise
  - b. Having no way of getting to the venue to play in a hockey match
  - c. Feeling that you are not as good as anyone else so you do not turn up to the gym
  - d. Thinking that you are the best and trying to win in all your games of badminton
  
4. What is the definition of health?  
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5. Give one example of how you can be healthy but not fit  
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6. Give an example of a physical benefit of exercise  
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7. Give one example of a mental benefit of exercise  
.....

8. Give one example of a social benefit of exercise  
.....

9. Give one negative physical effect of inactivity  
.....

10. Give one effect of obesity on health.  
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# GCSE Health, Fitness & Wellbeing: What do I need to know?

Know what is meant by health, fitness and well-being, understand the health benefits of PA, know the definition of a balanced diet, know the component of a balanced diet, understand the effects of diet and hydration.

**A balanced diet is...**

Nutrient	Benefit	Examples
Water		
Fibre		
Carbohydrates		
Protein		
Fats		
Minerals		
Vitamins		

**Balanced weight**



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**Weight gain**



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**Weight loss**



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### Unit 5.2 Test

1. Which one of the following is an example of food that is high in protein?

- a. Bananas
- b. Strawberry jam
- c. Watercress
- d. Fish

2. Which one of the following is a food high in fats?

- a. Oranges
- b. Red meat
- c. Bread
- d. Tomatoes

3. Which one of the following is the best example of a food source rich in vitamins?

- a. Red meat
- b. Fresh vegetables
- c. Water
- d. A hamburger without sauce

4. Give one example of a food that is high in carbohydrates

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5. Give one example of a food that is high in fibre

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6. Give one benefit of being properly hydrated

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7. What is the benefit of consuming protein?

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8. What is the benefit of consuming fat?

.....

9. What is the benefit of consuming fibre?

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10. What is the benefit of consuming carbohydrates?

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# GCSE PE Paper 1 RAG

I...	RAG	Key terms to revise...
Know the location of major bones		
Know the 6 skeletal functions		
Know the structure of a joint		
Know the 6 types of movement		
Know about articulating bones		
Know the location of major muscles		
Know the role of different muscles		
Know the three main muscle pairs		
Know the movements muscles cause		
Know the planes and axis in the body		
Know the three types of lever		
Know the double circulatory system		
Know the types of blood vessel		
Know the pathway of blood		
Know about cardiac output		
Know the pathway of air		
Know the role of respiratory muscles		
Know about gaseous exchange		
Know about aerobic/anaerobic		
Know about the effects of exercise		
Know the components of fitness		
Know about training methods		
Know the principles of training		
Know about preventing injury		

# GCSE PE Paper 2 RAG

I...	RAG	Key terms to revise...
Know about participation trends		
Know why people participate		
Know how to make more people do PA		
Know about commercialisation		
Know about sponsorship		
Know about media		
Know about deviance		
Know about gamesmanship		
Know about sportsmanship		
Know about drugs in sport		
Know about player violence		
Know how to classify movements		
Know how to set SMART goals		
Know about mental preparation		
Know about guidance		
Know about feedback		
Know about health and fitness		
Know physical benefits of sport		
Know emotional benefits of sport		
Know social benefits of sport		
Know the effects of being sedentary		
Know about a balanced diet		
Know about the 7 nutrients		
Know about energy balance		