

PE REVISION

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REVISION TASKS

- For each of the papers you must pick one topic to revise – this must be a topic that you have previously identified as a weakness from an exam or from when you have highlighted the end of topic specifications in your book.
- Once you have picked which topic you are going to revise – navigate to that topics slide.
- On the slide for each topic there are 3 tasks for you to complete and then a mini quiz. You must do these in the relevant exercise book.
 - Paper 2 Topics = PURPLE exercise book.

Use BBC Bitesize to help you with your tasks. <https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>



SOCIO-CULTURAL ISSUES AND SPORTS PSYCHOLOGY

PAPER 2

**2.1A ENGAGEMENT
PATTERNS OF DIFFERENT
SOCIAL GROUPS IN
PHYSICAL ACTIVITIES
AND SPORTS**

REVISION TASKS

TASK 1: PHYSICAL ACTIVITY AND SPORT IN THE UK

Gender

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Task 1: copy out the tables. The sport of golf is seen by some people as a sport that prevents certain groups from participating. Explain the barriers to participation in this sport. Use your own knowledge and research to gain evidence to support answers.

Socio-Economic Group

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Ethnicity

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Age

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Disability

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TASK 2: PARTICIPATION IN PHYSICAL ACTIVITY AND SPORT

Task 2: below is a list of all the factors that can affect participation. For each one you need to state a positive and negative effect. EXTENSION: give practical examples for each.

- Age
- Gender
- Ethnicity
- Religion/culture
- Family
- Education
- Time/work commitments
- Cost/disposable income
- Disability
- Opportunity/access
- Discrimination
- Environment/climate
- Media coverage
- Role models

Extension Task: can you explain how the following strategies are used to improve participation.

- Promotion
- Provision
- Access

MINI QUIZ

- **Task:** without your notes answer the following questions.
 1. How might family influence your sporting participation?
 2. How might role models influence your sporting participation?
 3. How can media coverage influence participation rates in sport?
 4. If you would like to take up skiing but cannot afford to get to the local ski centre 40 miles away which two factors are affecting your participation?
 5. Name and explain a factor that a 35 year old woman may be affected by.
 6. How might disability influence your sporting participation?
 7. If you participated in volleyball at school and decided to join a club as a result which factor has affected your participation.
 8. Give an example of how discrimination may affect participation.
 9. Name and explain a factor that a 65 year old man may be affected by.
 10. If a disabled person is unable to get into a sports facility because there is no wheelchair ramp then which factor is acting as a barrier.



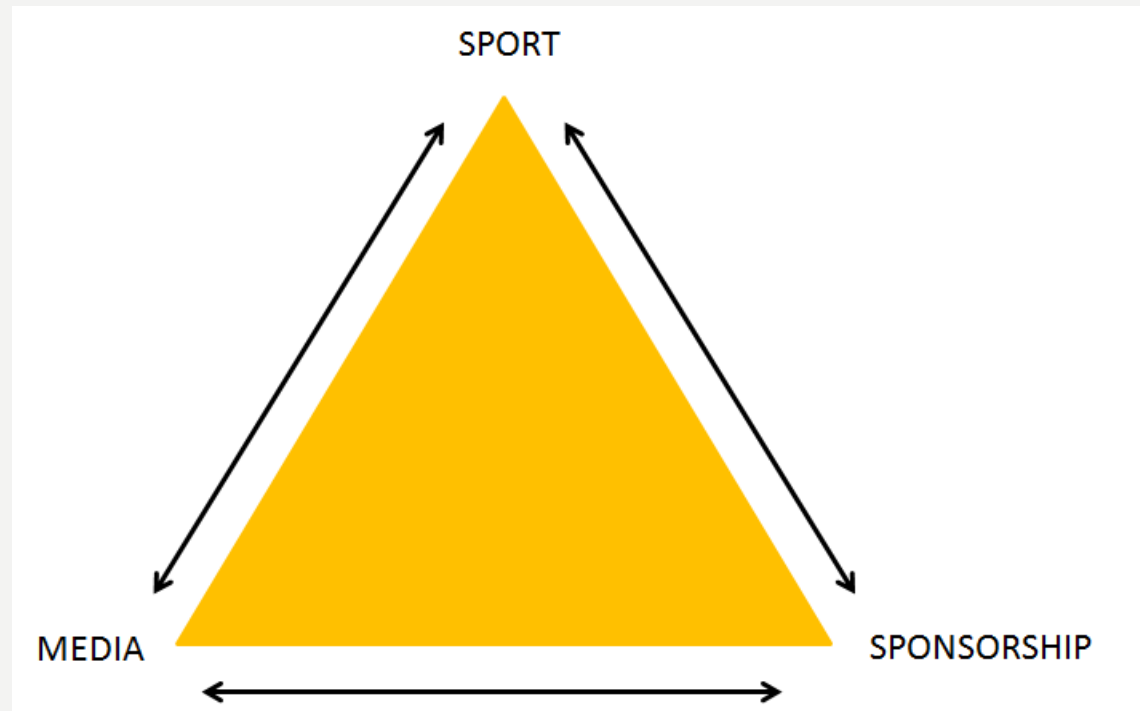
2.1B

**COMMERCIALISATION
OF PHYSICAL ACTIVITY
AND SPORT**

REVISION TASKS

TASK 1: COMMERCIALISATION IN SPORT

Task 2: Draw the golden triangle and explain how each side benefits one another.



Extension Task: identify the positive and negative effects of the media on commercialization and apply these to practical examples.

TASK 2: SPONSORSHIP

Task 3: You are the owner of Nike you need to pick an athlete who you are going to sponsor and create a sponsorship profile.

Sponsorship Profile				
Athlete Name:				
Reason for sponsoring the athlete:				
How are you sponsoring the athlete? (clothing and equipment, facilities, financial)	How will this help the athlete?			
Effects of sponsorship on the athlete	Effects of sponsorship on the sport	Effects of sponsorship on the sponsor	Effects of sponsorship on the spectators	Effects of sponsorship on the athlete

MINI QUIZ

- **Task:** without your notes answer the following questions.

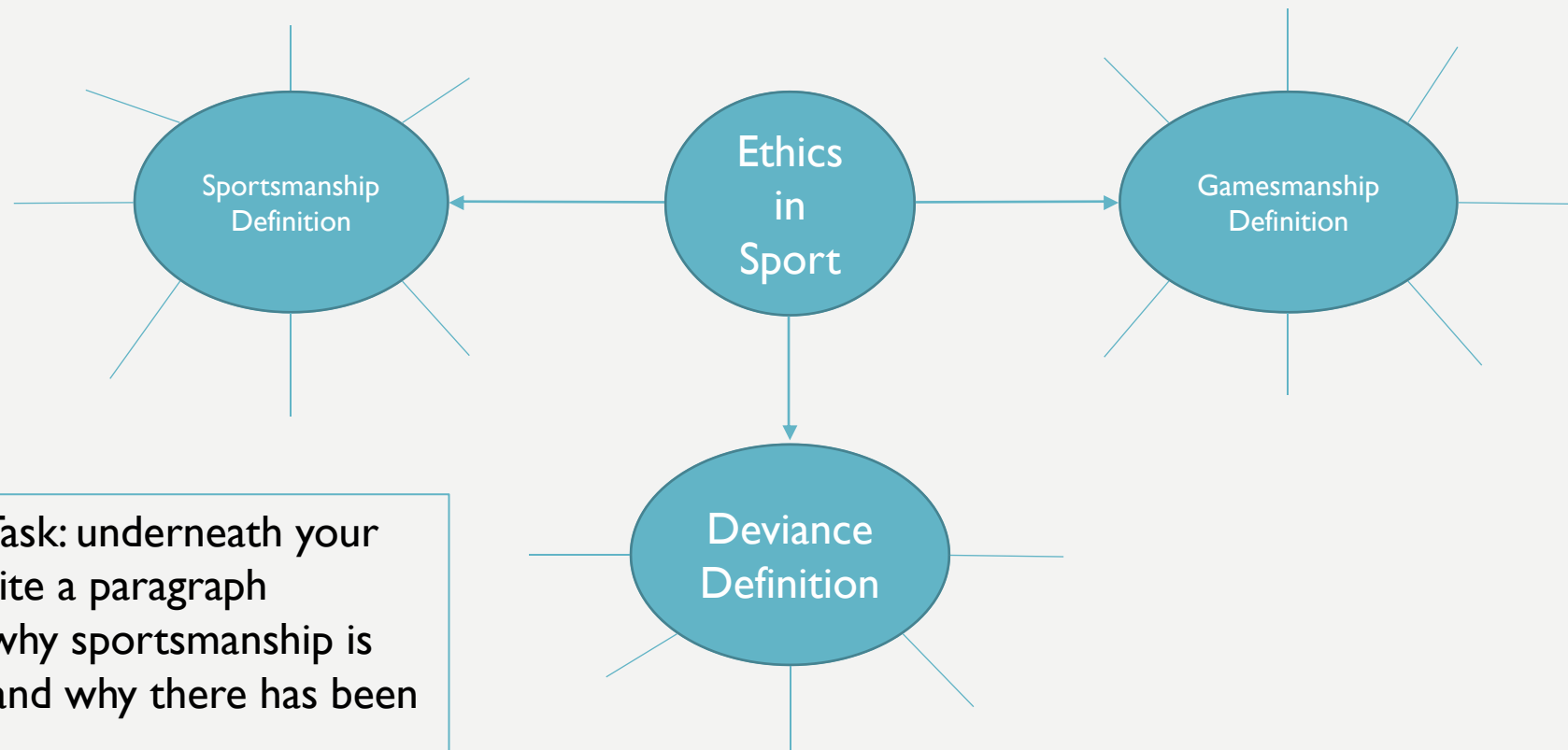
1. Name three of the four types of media.
2. Name the three sides of the Golden Triangle.
3. Give an example of how a rugby team might use social media.
4. Who is a company more likely to want to sponsor, a premier league football team or a British basketball league team? Why?
5. State how the media benefits sport and sport benefits the media in regards to the Golden Triangle.
6. How will less popular sports teams be affected by not receiving as much media attention as other teams?
7. Name two of the three types of sponsorship in sport.
8. Give one reason why companies choose to sponsor sports events, teams or athletes.
9. Explain how increased commercialisation and media coverage has impacted positively on officials in sport.
10. Explain why a sponsor is likely to not want to be associated with a sports person who has behaved badly in some way.

2.1C ETHICAL AND SOCIO CULTURAL ISSUES IN PHYSICAL ACTIVITY AND SPORT

REVISION TASKS

TASK 1: ETHICS IN SPORT

Task 1: copy and complete the spider diagram! Write the definition of each of the key words and then around that give practical examples of each one.



Extension Task: underneath your diagram write a paragraph explaining why sportsmanship is important and why there has been a decline.

TASK 2: DRUGS IN SPORT

Task 2: create a poster for athletes making them aware of the 3 different drugs: Anabolic Steroids, Stimulants and Beta Blockers.

The poster must include:

- Reasons why sports performers use drugs
- The effect the drug has on performance (sporting examples)
- The side effects of the drug
- The impact drug use has on sport itself.



TASK 3: VIOLENCE IN SPORT

Task 3: create a diagram that shows the reasons for player violence. Extension can you give a practical example for each reason?



MINI QUIZ

- **Task:** without your notes answer the following questions.

1. Shaking hands before and after a game is an example of what?
2. Describe gamesmanship.
3. Give an example of deviance.
4. Give two reasons why an athlete may take performance enhancing drugs.
5. How do anabolic steroids affect performance?
6. Give a sporting example of someone who may use beta blockers.
7. How would using anabolic steroids benefit a sprinters performance?
8. A racing driver would use which performance enhancing drug to remain alert?
9. Why do sports not want people taking drugs in their sport?
10. Give two reasons why a sports person may be violent.

2.2 SPORTS PSYCHOLOGY

REVISION TASKS

CHARACTERISTICS OF A SKILLFUL MOVEMENT

Task: what are the definitions for the characteristics of a skillful movement? Then explain with practical examples how each one can be used to judge an athletes performance.



CLASSIFICATIONS OF SKILLS

Research task: you need to research the two continuums

- When researching make sure you use a recognised resource e.g. OCR GCSE PE book, or include 'OCR GCSE PE' when searching on the internet.
- For each continuum you need to find:
 - 1) the extremes on the end of the continuum
 - 2) characteristics / descriptions of each extreme
 - 3) examples of skills you can easily place on the continuum
 - 4) justify why you have placed each skill in the position that you have.

Extension questions:

Why do you think a continuum is useful when classifying skills?

Can you find information about the pacing continuum and can you find the link between the pacing continuum and the environmental continuum?

GOAL SETTING

Task 1: The table below has descriptions and examples of SMART goal setting although they are mixed up. Work out which is the correct description and example then write the correct answers in your book (write it out in full).

Goal setting principle	Description	Example
S pecific	1. The goal should be written down so you can tick it off when achieved.	a. Writing in your diary "I want to be top goal scorer in our football club".
M easurable	1. You should say when you want to achieve the goal by, and might have short term goals as stepping stones towards a longer term goal.	a. Wanting to win the hockey league because you came 2 nd last year.
A chievable	1. Having a way to test if you have achieved your goal.	a. Wanting to run 13.5s in 100m.
R ecorded	1. The goal should be within your capabilities and not too hard.	a. Wanting to run 13.5s in 100m.
T imed	1. Stating exactly what you want to achieve.	a. Wanting to win today's tennis game.

Extension task: Now write YOUR goal and describe why it hits the SMART principles

MENTAL PREPARATION

- **Task:** Read the scenarios in the text messages from the athletes and suggest a mental preparation technique they could use to improve their performance. Give a specific sporting example of how they could use it / how it would help.

The image displays three screenshots of text messages from different athletes, each with a status bar at the top showing signal strength, carrier (EE 4G), time, and battery level. Each message is contained within a light blue speech bubble.

Message 1 (Morgan Escare): Status: 3:14 PM, 76% battery. Message: "Hi, I am a conversion kicker for Wigan Warriors, I'm struggling to focus on my kicks and missing too many, especially when the crowd are shouting and waving behind the sticks. Have you got any suggestions on what I could do to be more successful?"

Message 2 (Mo Farah): Status: 7:56 PM, 65% battery. Message: "Hi, you may remember my famous trip during the 10,000m race at the Olympics. I managed to recover and go on to win the race but I'm worried something like this may happen again, especially as my next race is outdoors on a route I haven't completed before. How could I use mental rehearsal to help me?"

Message 3 (Serena Williams): Status: 10:02 AM, 92% battery. Message: "Hi, I'm well known as one of the best tennis players of all time but recently I have been struggling psychologically during games. When I go a set down I feel very negative and find it difficult to get back to winning ways, what would you suggest doing during games to help?"

TYPES OF GUIDANCE

Task copy out the tables and complete for each of the types of guidance.

Visual: Write Definition

Practical Example:

ADVANTAGES	DISADVANTAGES

Verbal: Write Definition

Practical Example:

ADVANTAGES	DISADVANTAGES

Manual: Write Definition

Practical Example:

ADVANTAGES	DISADVANTAGES

Mechanical: Write Definition

Practical Example:

ADVANTAGES	DISADVANTAGES

TYPES OF FEEDBACK

Task identify the 6 types of feedback. You must provide a definition and practical example of each one.

- Intrinsic
- Extrinsic
- Knowledge of performance
- Knowledge of results
- Positive
- Negative



MINI QUIZ

- **Task:** without your notes answer the following questions.
 1. Give an example of a skilful movement in sport that would be described as having good coordination?
 2. Other than coordination, name two other characteristics of skilful movement.
 3. In relation to the difficulty continuum, what is a simple skill?
 4. Is a pass in football an open or closed skill? Explain why.
 5. Give one reason why it is important for athletes to set goals.
 6. What does SMART stand for in relation to SMART goals.
 7. Which aspect of SMART is not being followed in this goal – ‘I want to increase the amount of goals I score from 4 to 25 over my next 6 games’
 8. Name two methods of mental preparation.
 9. Give a sporting example of somebody who may use mental rehearsal and explain why.
 10. Giving a demonstration is which type of guidance?

2.3 HEALTH, FITNESS AND WELL-BEING

REVISION TASKS

TASK 1: BENEFITS OF PHYSICAL ACTIVITY

- Task 1: copy out and complete the tables. EXTENSION: explain why/how using practical examples.

Physical



List as many **PHYSICAL** benefits of participating in physical activity

Emotional



List as many **EMOTIONAL** benefits of participating in physical activity

Social



List as many **SOCIAL** benefits of participating in physical activity

TASK 2: CONSEQUENCES OF LIVING A SEDENTARY LIFESTYLE

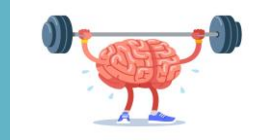
- Task 1: copy out and complete the tables. EXTENSION: explain why/how using practical examples

Physical



List as many **PHYSICAL** consequences of a sedentary lifestyle

Emotional



List as many **EMOTIONAL** consequences of a sedentary lifestyle

Social



List as many **SOCIAL** consequences of a sedentary lifestyle

TASK 3: DIET AND NUTRITION

Task 3: create a poster explaining the importance of diet and hydration in physical activity.

The poster must include:

- Definition of a balanced diet
- Identify all of the components of a diet, giving examples of each
- Practical examples linked to the components (how they have an effect on performance)
- Importance of hydration and its effect on sport
- Consequences of dehydration



MINI QUIZ

- **Task:** In your green mini quiz books, without your notes answer the following questions.
 - For this mini quiz you are going to answer whether the effect is a benefit of an active lifestyle or a consequence of an sedentary lifestyle and categorise it as a physical, emotional or social effect.
 - For example for 'increased fitness' you would write that it is a 'physical health benefit of exercising'.
1. Less chance of obesity.
 2. Low self-esteem/confidence.
 3. Improved posture.
 4. Can make new friends.
 5. Increased stress levels.
 6. Can cause loneliness.
 7. Less chance of coronary heart disease.
 8. Increased bone density.
 9. Allows you to feel part of a group.
 10. Increased/high blood pressure.

