

Revision Series 2023

AQA GCSE Physical Education Paper 2

◆ Notes pages ◆



The EverLearner

How to use this revision session and notes

- Complete this document when doing the live or on-demand revision shows.
- Have the National Mock Exam to hand and, ideally, your completed, marked version of it.
- Have the [exam infographics](#) to hand. These will be referred to throughout the show.
- Focus on the skills that James is presenting as much as the content. In most cases, students have a knowledge of the topic but struggle to respond to the command in the question. This is a focus of our revision.
- Complete the notes spaces as extensively as possible and, if necessary, return to the show to complete it more than once in order to make the fullest notes possible.

My ticklist:

- Notes pages
- Exam infographics
- Exam paper
- Exam mark scheme
- Exam model answers

Performer profiles

Use these performer profiles when making examples and developing your A02 skill. The list is not exhaustive and you are encouraged to use your own examples as well as these ones.



Josh

Basic Details
Age: 19
Sport: 100m Sprint
Level: Olympic Podium Potential




Tom

Basic Details
Age: 43
Sport: Tennis (singles and doubles)
Level: Novice



Kate

Basic Details
Age: 17
Sport: Triathlon
Level: Club



Laura

Basic Details
Age: 15
Sport: Gymnastics (Artistic)
Level: National



Julie

Basic Details
Age: 26
Sport: Netball (GD, GK)
Level: Semi-professional/National



Carlos

Basic Details
Age: 35
Sport: Wheelchair basketball
Level: Ex-national team

Material covered in the National Mock Exam

→ Green denotes content to be covered in this session.

→ (#) denotes number of marks on Paper 1 since 2018.

3.2.1 Sports psychology

- Classification of skill (37)
- Feedback (5)
- Guidance (7)
- Arousal (7)
- Controlling arousal (8)
- Personality (8)
- Motivation (11)

3.2.2 Sociocultural influences

- Commercialisation (9)
- Sponsorship (19.5)
- The media (18.5)

- Impact of technology (11)

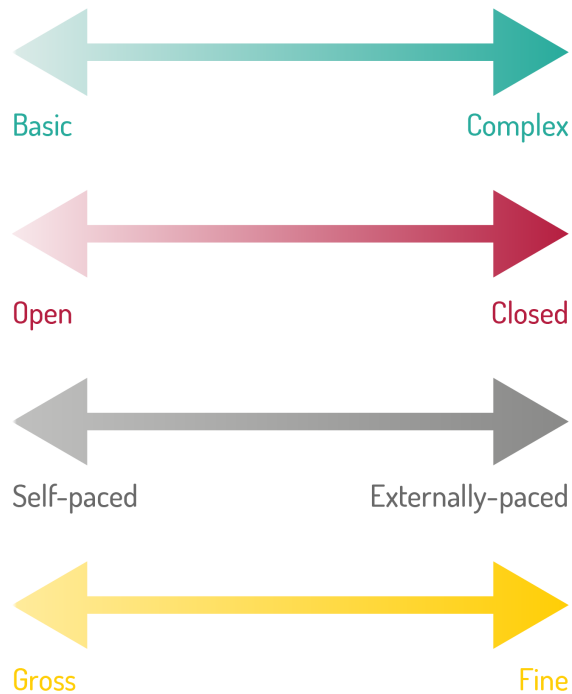
- Conduct of performers (9)
- Diuretics (0)



3.2.3 Health, fitness & well-being









- Health and well-being and reasons for participation (14)
- Consequences of sedentary lifestyles (11)
- Somatotype (19)
- Energy Use (9)
- Reasons for a balanced diet (10)
- Roles of carbs, fat, protein, vitamins and minerals (6)
- Hydration (10)

Section 1: Classification of skill

Simply knowing your skill continua is not enough. You must be able to place a range of performances onto the four continua and justify your placement. Using all of the performer profiles provided at the start of this pack, place their performances onto the continua and complete the table to justify your placement:

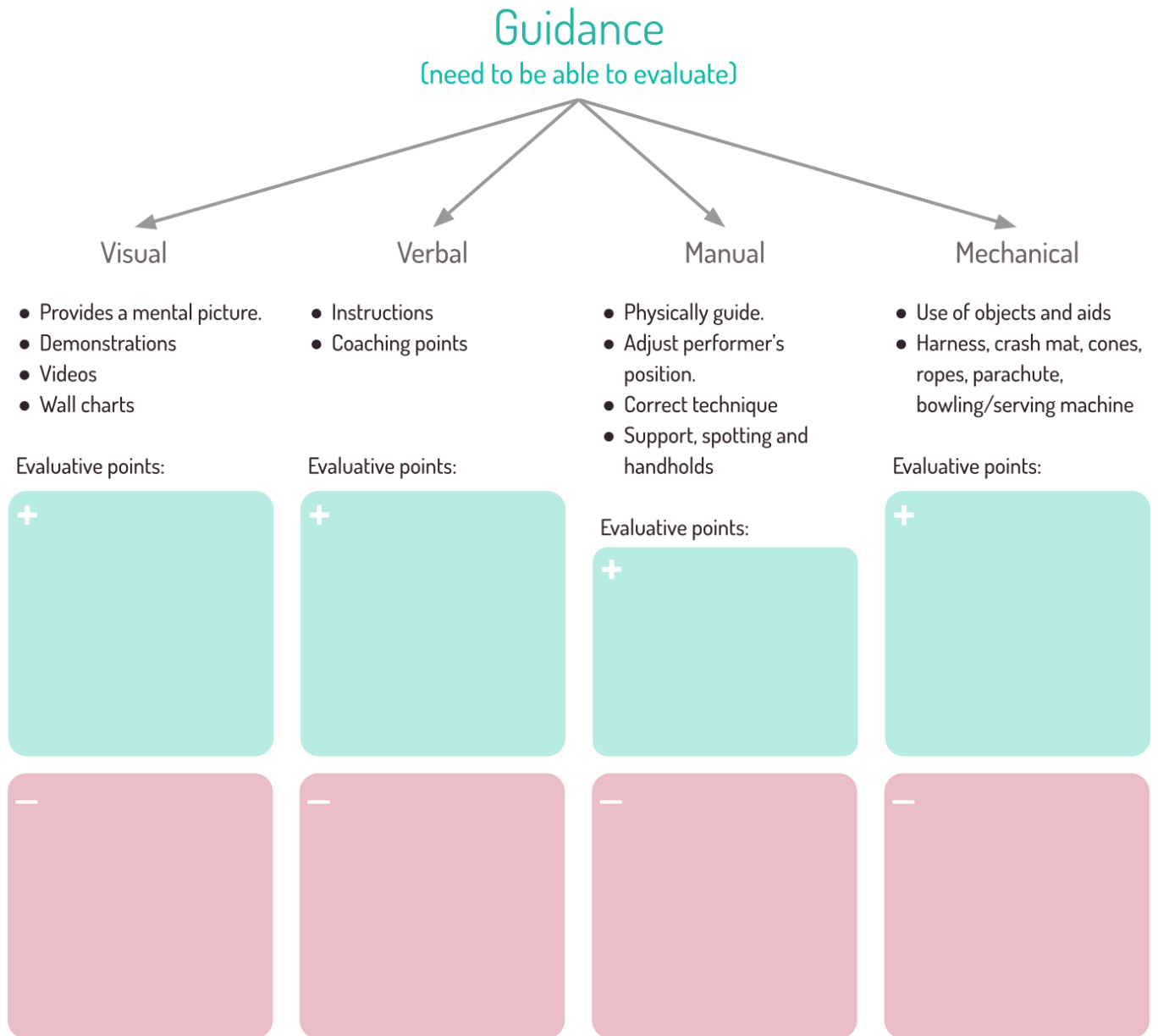


Performer	Performance	Justify placement on basic/complex.	Justify placement on open/closed.	Justify placement on self/externally paced.	Justify placement on gross/fine.
	Sprint start	Basic because there is only one decision to make and the response to the gun is always to begin sprinting.	Open because Josh has to respond to a changing environment. In this case, the gun sounding.	Externally-paced because the gun is an external stimulus and Josh can only run once it goes off.	Gross because Josh needs to propel himself forward with power using large muscle groups like the quadriceps.
	Middle of the race				

Performer	Performance	Justify placement on basic/complex.	Justify placement on open/closed.	Justify placement on self/externally placed.	Justify placement on gross/fine.
 <p>Tom</p> <p>Basic Details Age: 23 Sport: Tennis (singles and doubles) Level: Novice</p>	Serving				
 <p>Tom</p> <p>Basic Details Age: 23 Sport: Tennis (singles and doubles) Level: Novice</p>	Lobbing the opponent				
 <p>Kate</p> <p>Basic Details Age: 27 Sport: Triathlon Level: Club</p>	Triathlon racing				
 <p>Laura</p> <p>Basic Details Age: 21 Sport: Gymnastics (vaulted) Level: National</p>	Vaulting				
 <p>Julie</p> <p>Basic Details Age: 21 Sport: Netball (G2, G3) Level: Semi-professional/National</p>	Penalty pass				
 <p>Julie</p> <p>Basic Details Age: 21 Sport: Netball (G2, G3) Level: Semi-professional/National</p>	Intercepting a pass into the D				
 <p>Carlos</p> <p>Basic Details Age: 21 Sport: Wheelchair basketball Level: Ex-national team</p>	Free throw				
 <p>Carlos</p> <p>Basic Details Age: 21 Sport: Wheelchair basketball Level: Ex-national team</p>	1v1 defending				

Section 2: Guidance

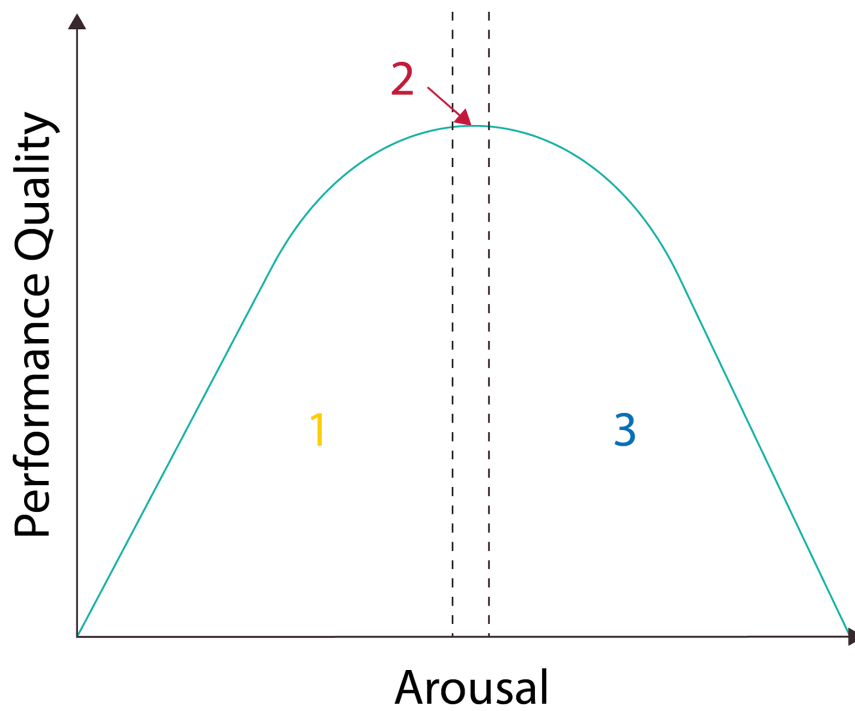
Even though guidance has always been assessed as an A02 topic, the AQA specification states that students must be able to evaluate guidance methods. Let's focus on that here:



Section 3: Arousal and controlling arousal

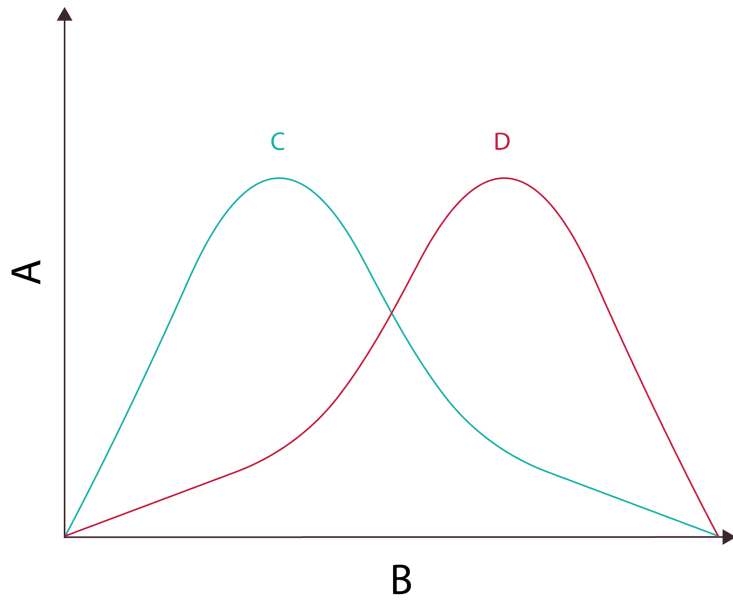
Arousal is: _____

Inverted U Theory



Notes

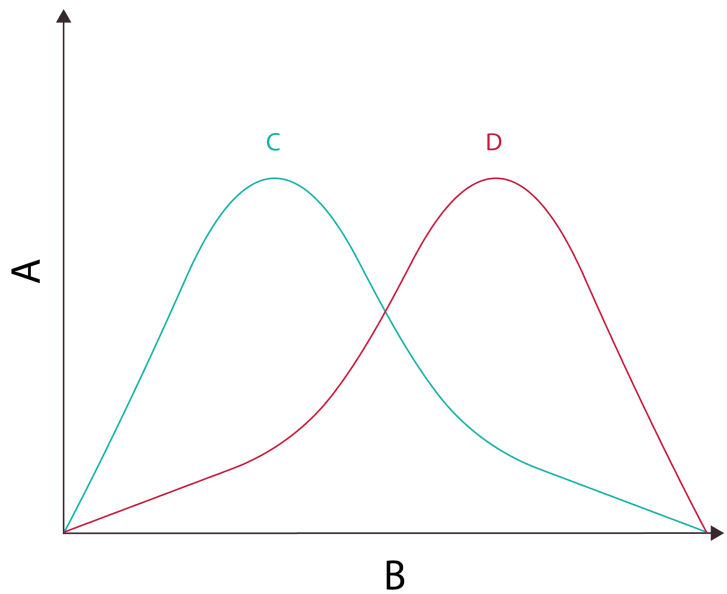
Inverted U Theory - Personality



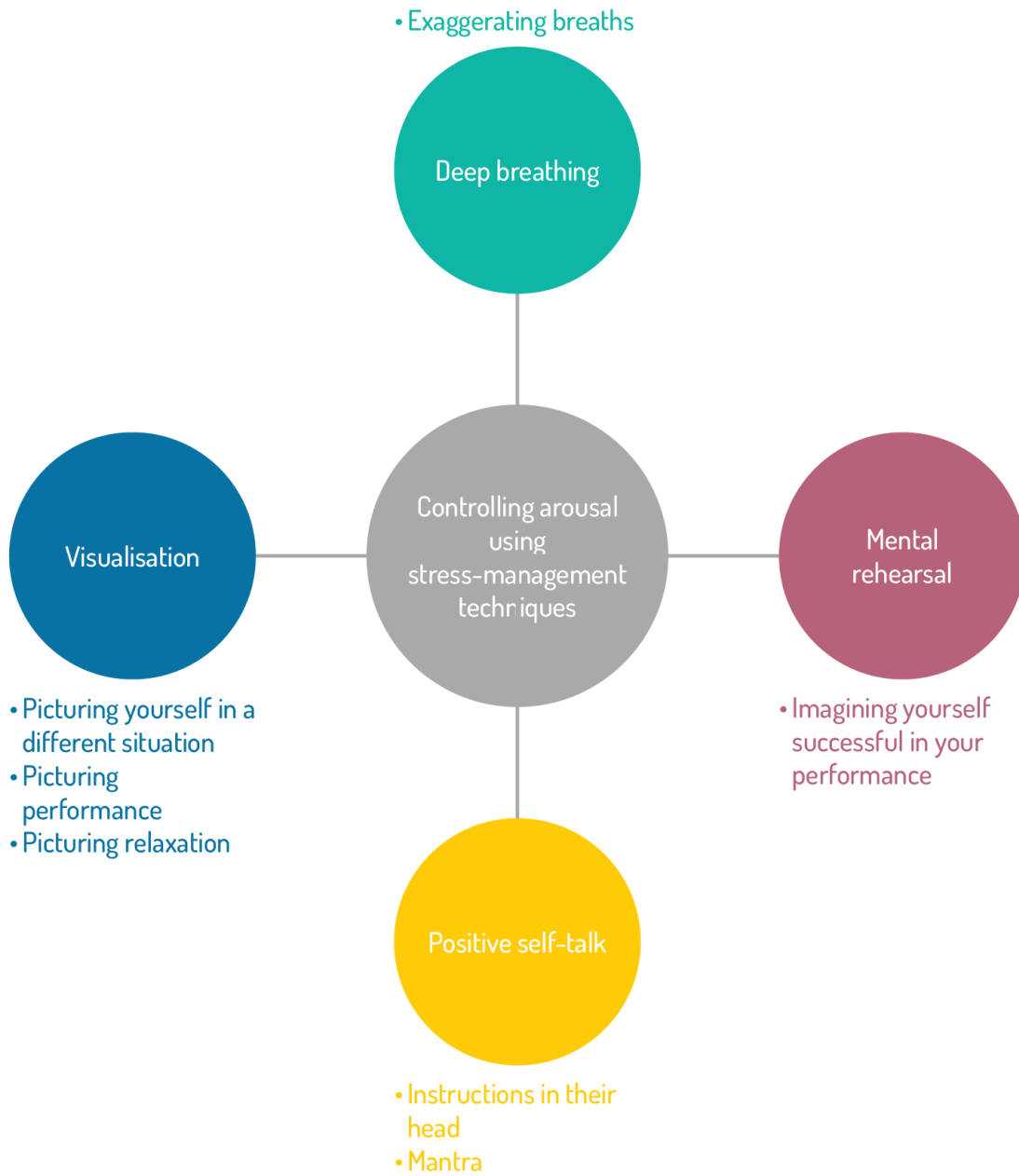
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Inverted U Theory - Gross and Fine Skills



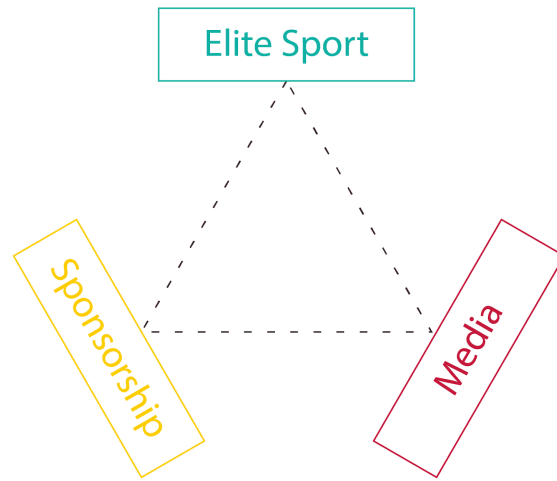
Controlling Arousal



Notes

Section 4: Commercialisation

Commercialisation is when sport is used as a commodity for profit.



Elite sport provides _____.



Media companies make the sport _____
to a _____.

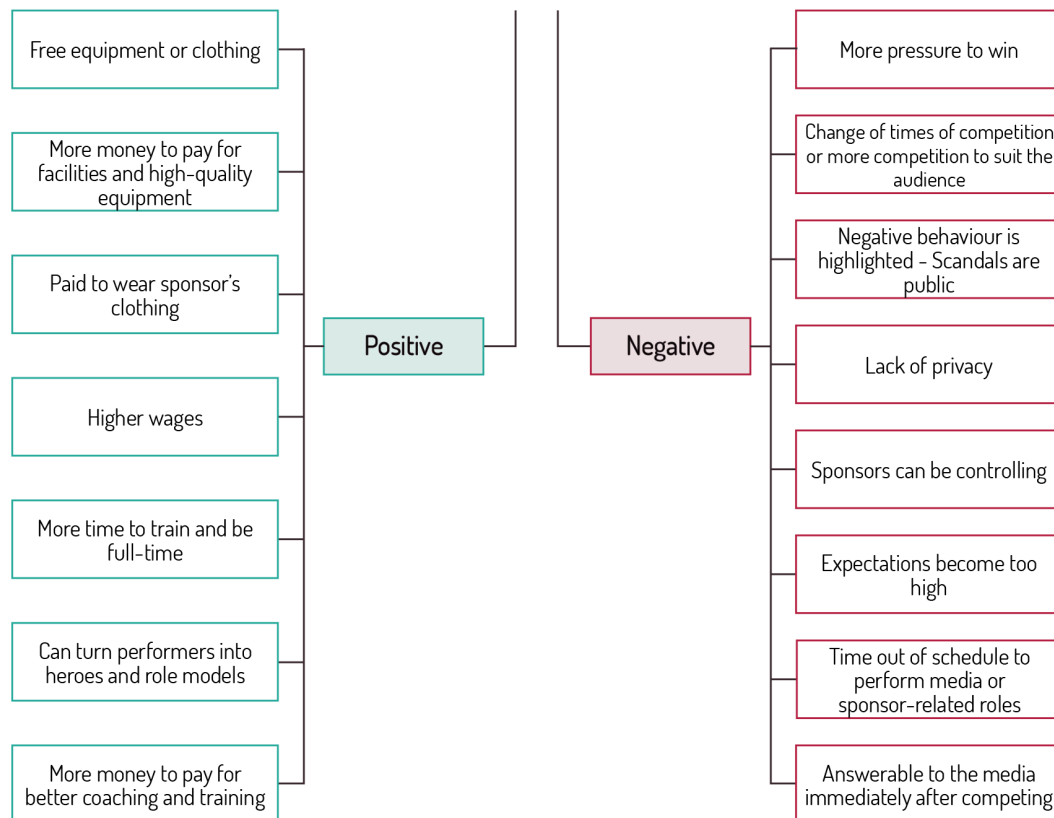


Sponsors invest _____ to make their
products _____.

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Section 5: Positive and negative impacts of sponsorship & the media

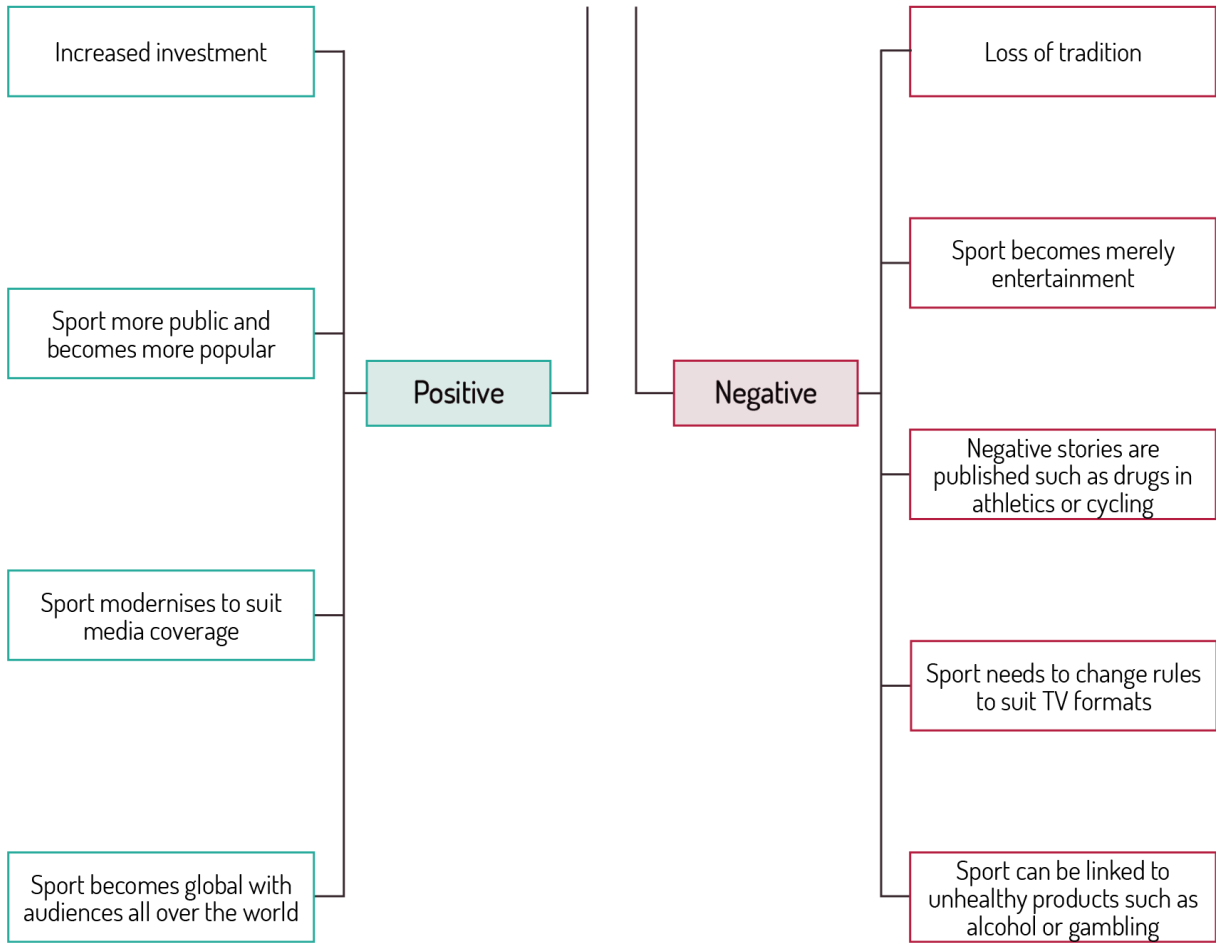
Impact of media and sponsorship on the performer



This topic is likely to feature in "Evaluate" questions.

Notes

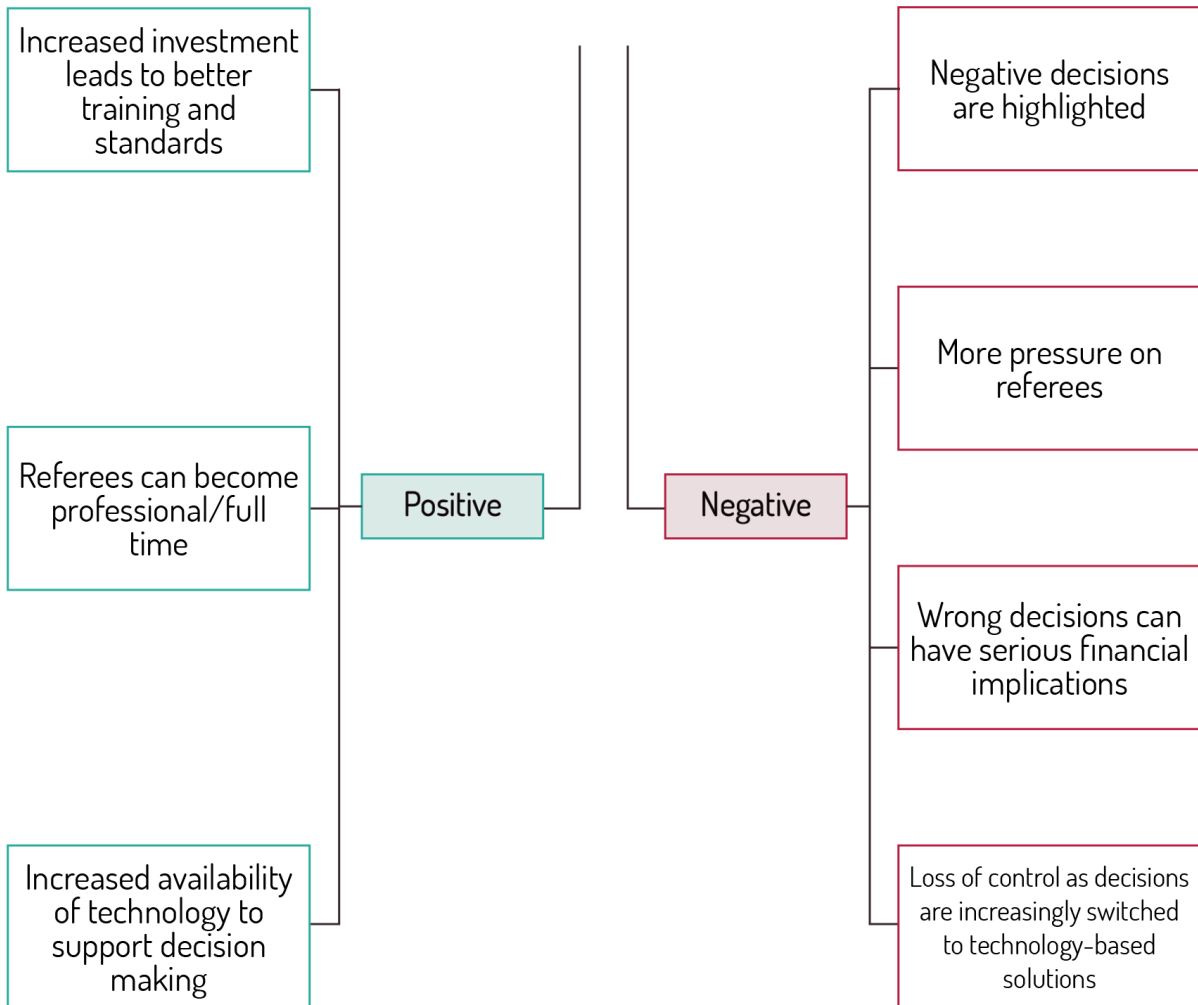
Impact of media and sponsorship on the sport



This topic is likely to feature in "Evaluate" questions.

Notes

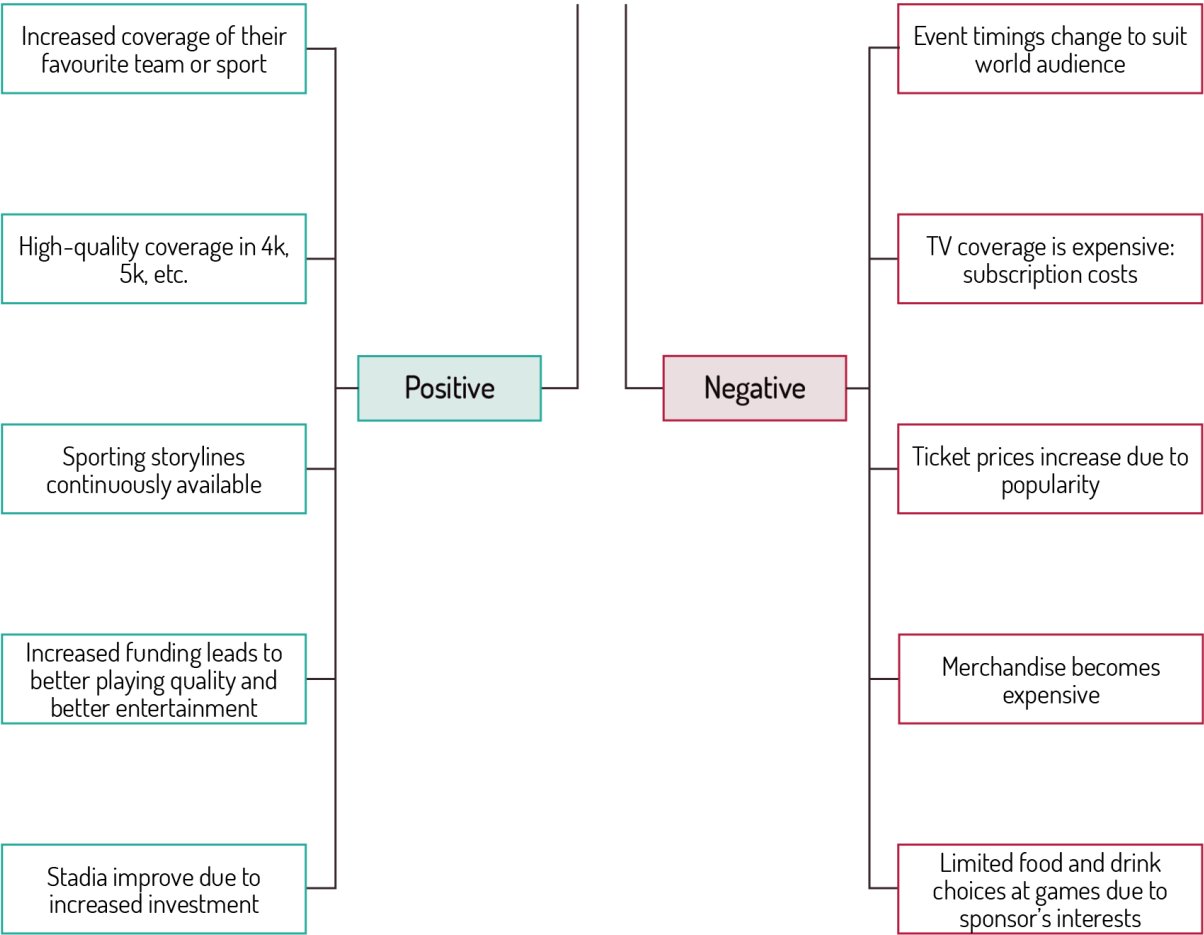
Impact of media and sponsorship on the officials



This topic is likely to feature in "Evaluate" questions.

Notes

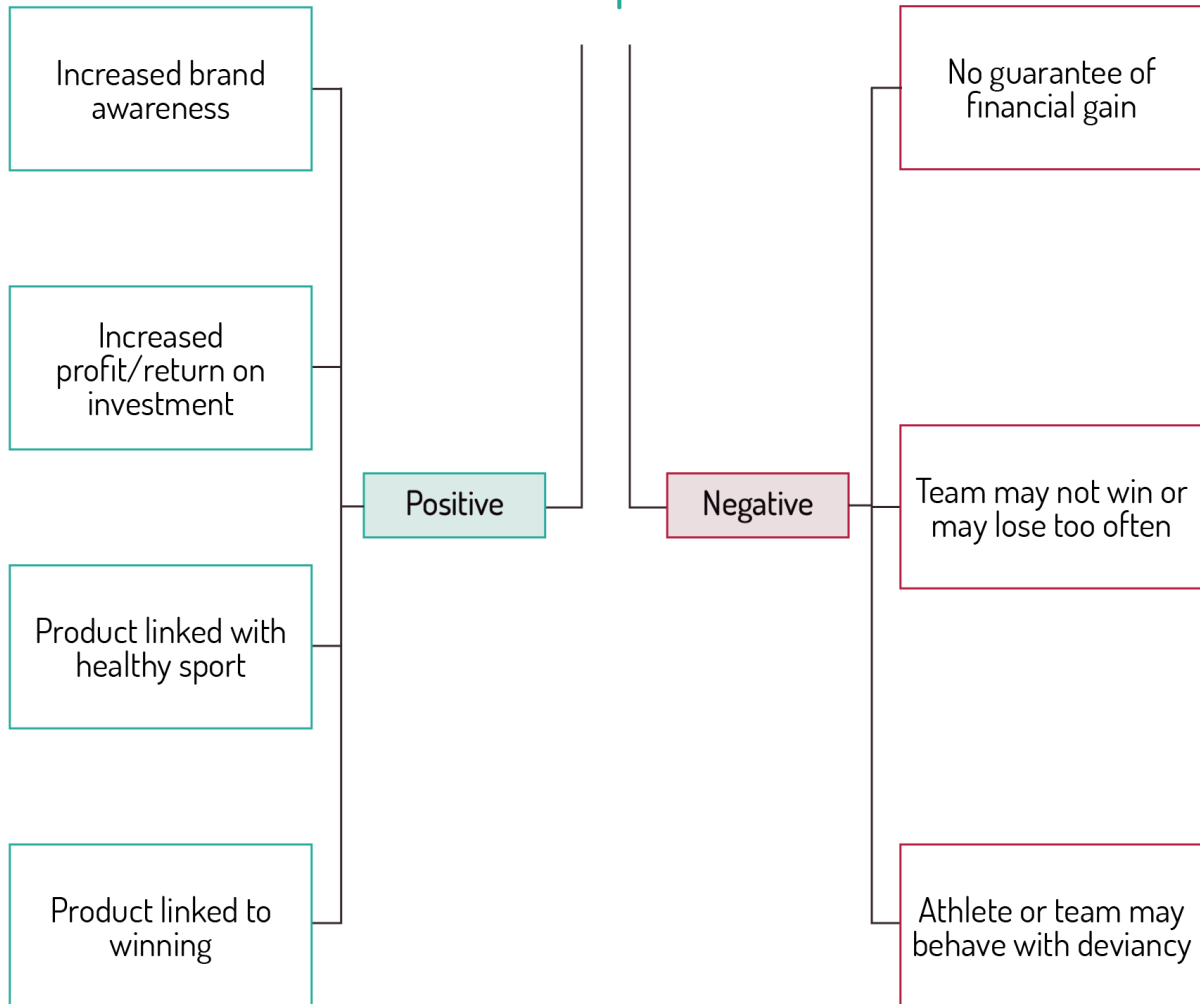
Impact of media and sponsorship on spectators



This topic is likely to feature in "Evaluate" questions.

Notes

Impact of media and sponsorship on the sponsor

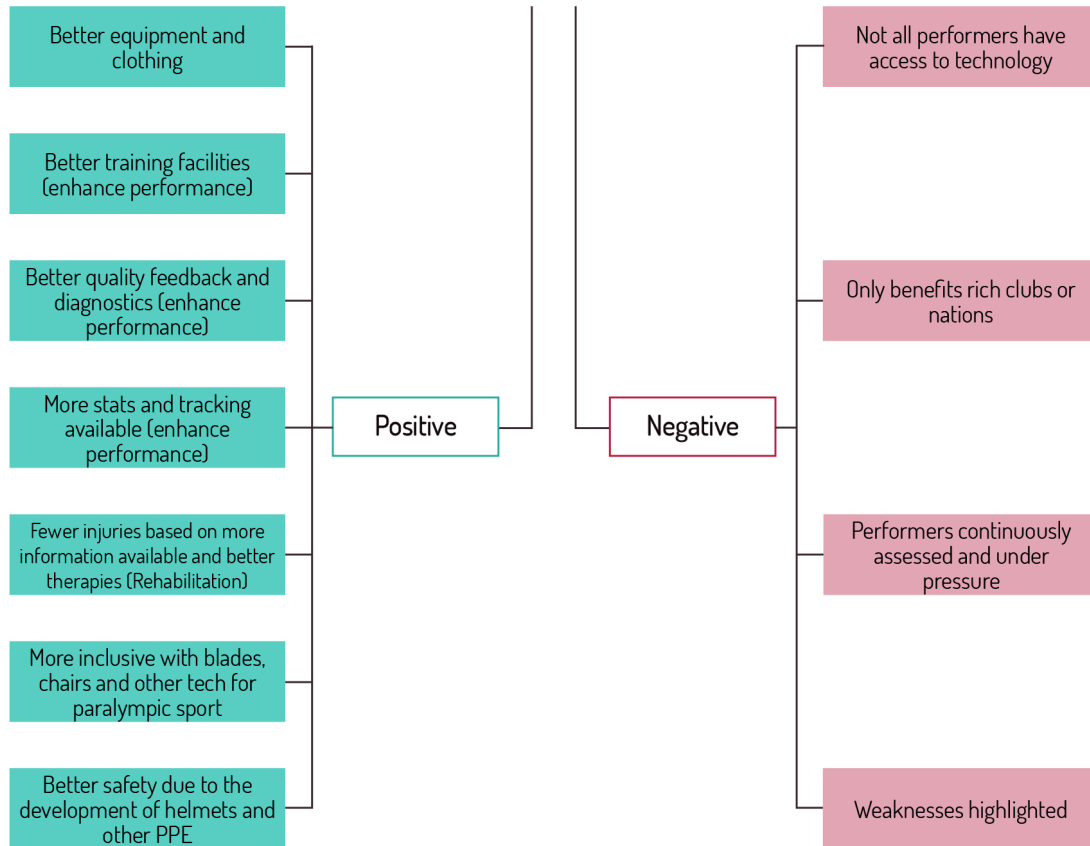


This topic is likely to feature in "Evaluate" questions.

Notes

Section 6: Positive and negative impacts of technology

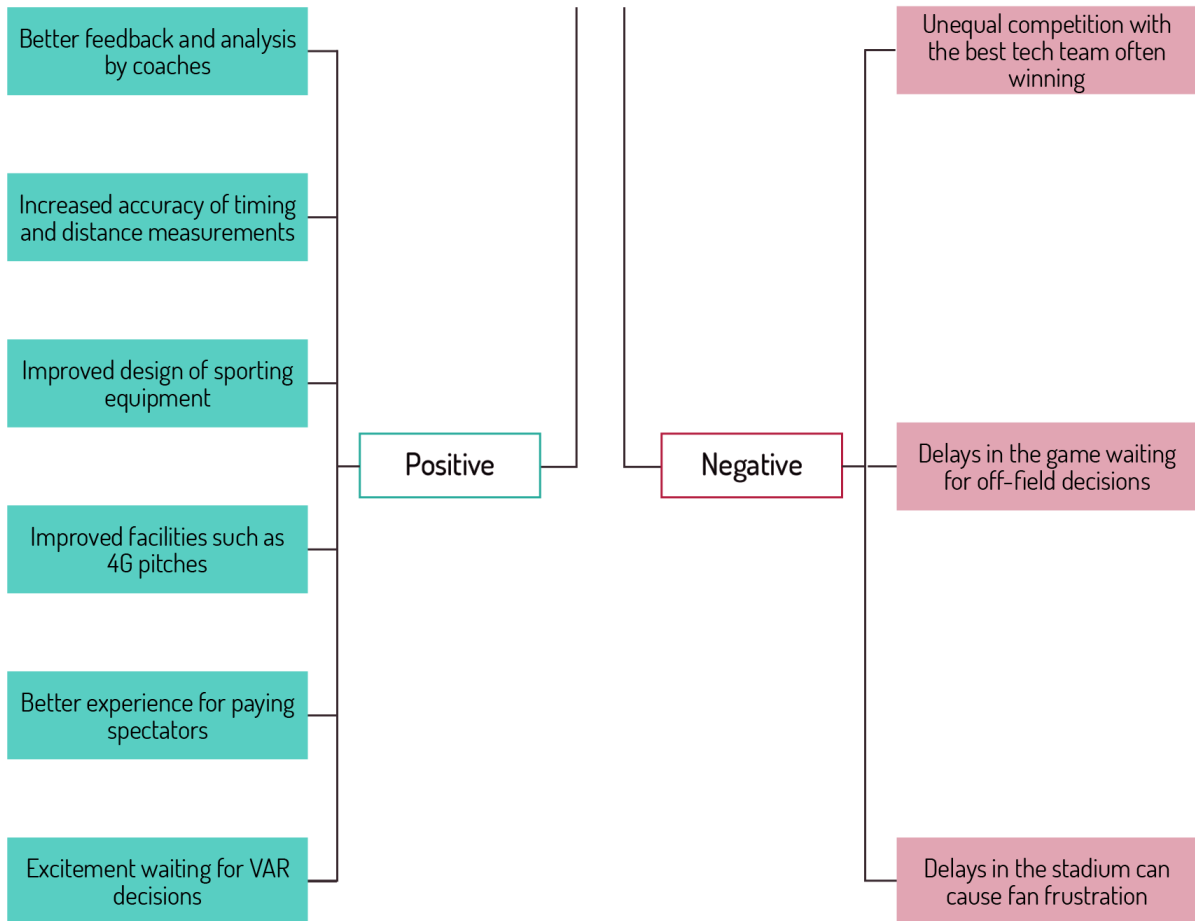
Impact of technology on the performer



This topic is likely to feature in "Evaluate" questions.

Notes

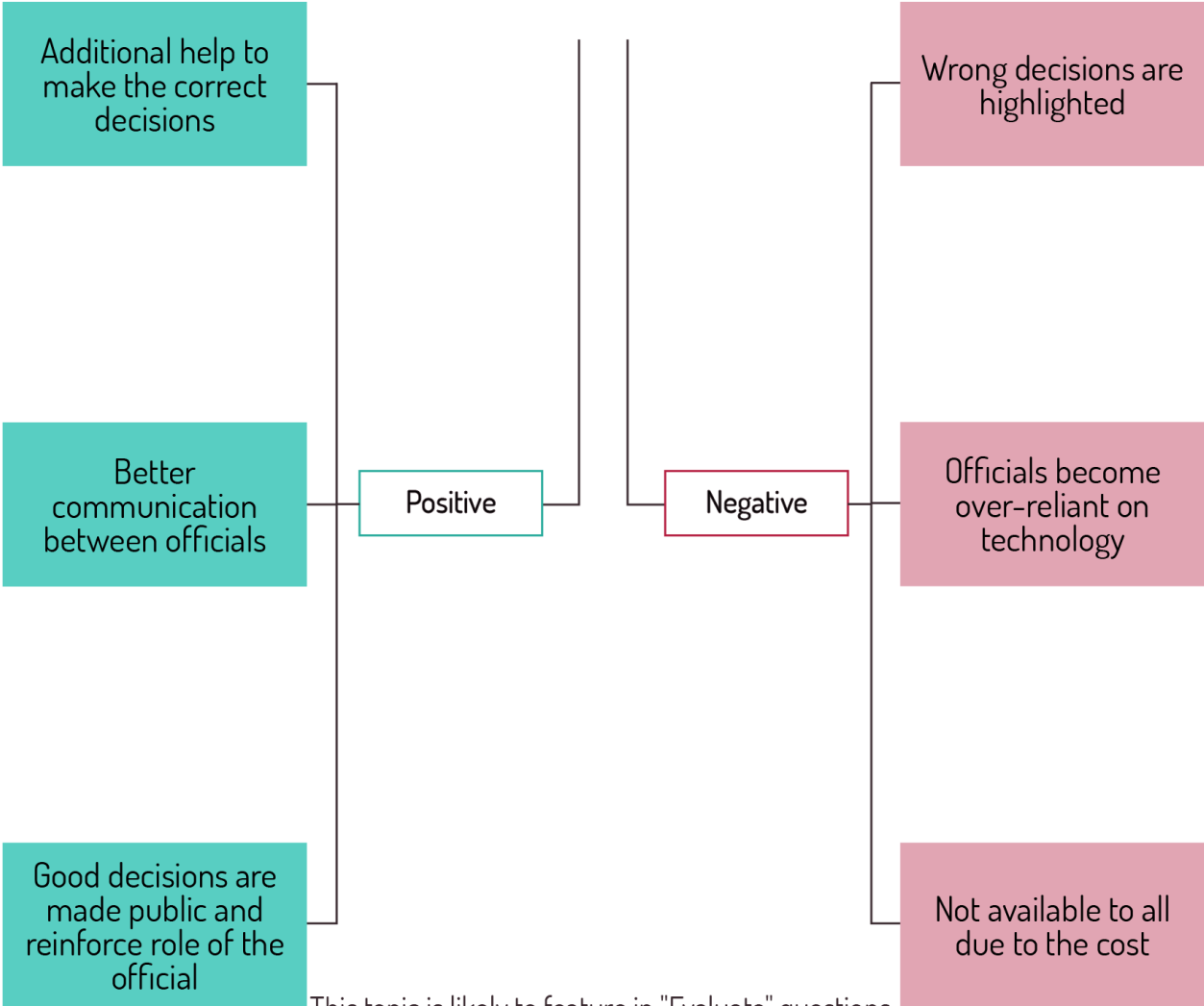
Impact of technology on the sport



This topic is likely to feature in "Evaluate" questions.

Notes

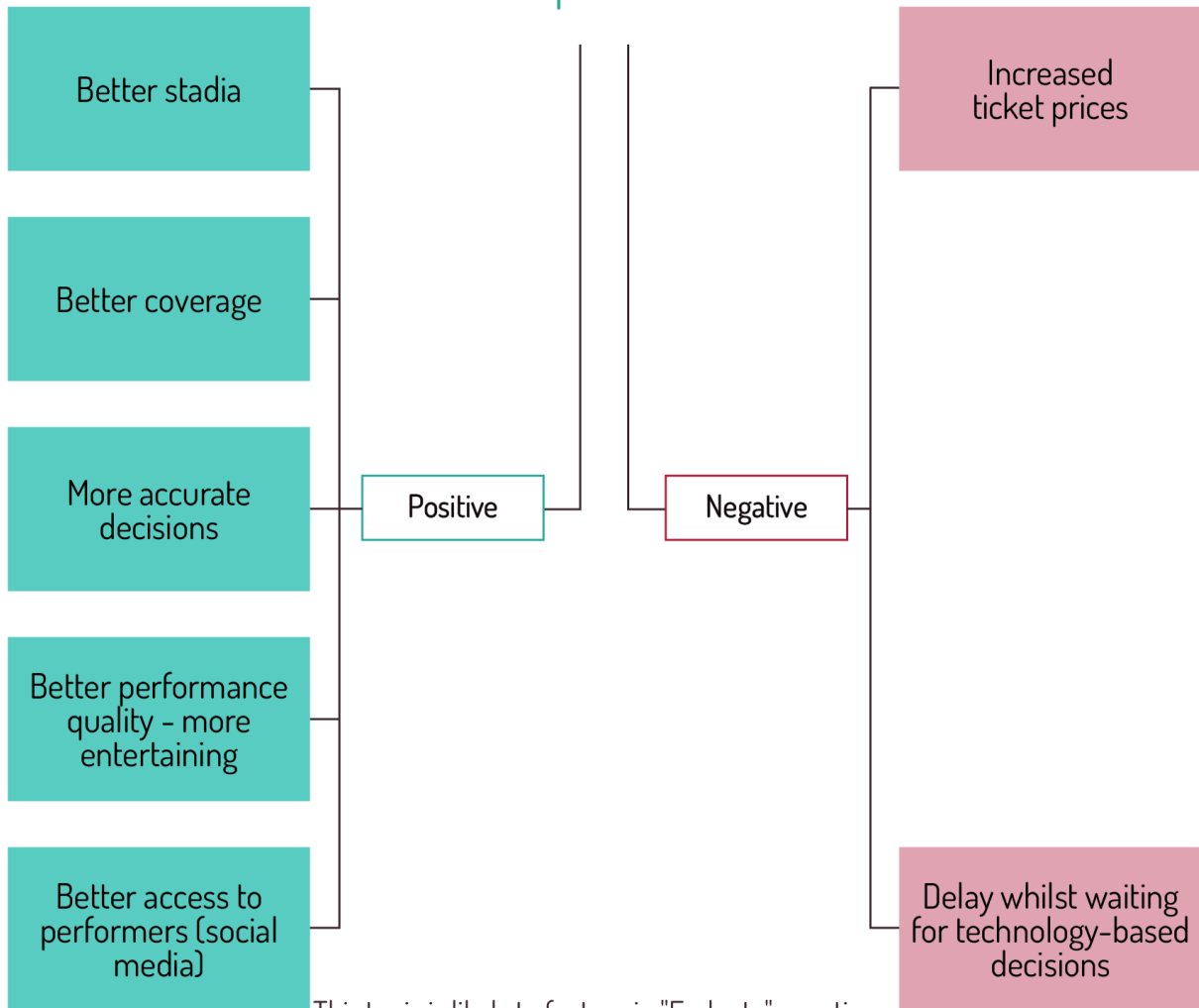
Impact of technology on the officials



This topic is likely to feature in "Evaluate" questions.

Notes

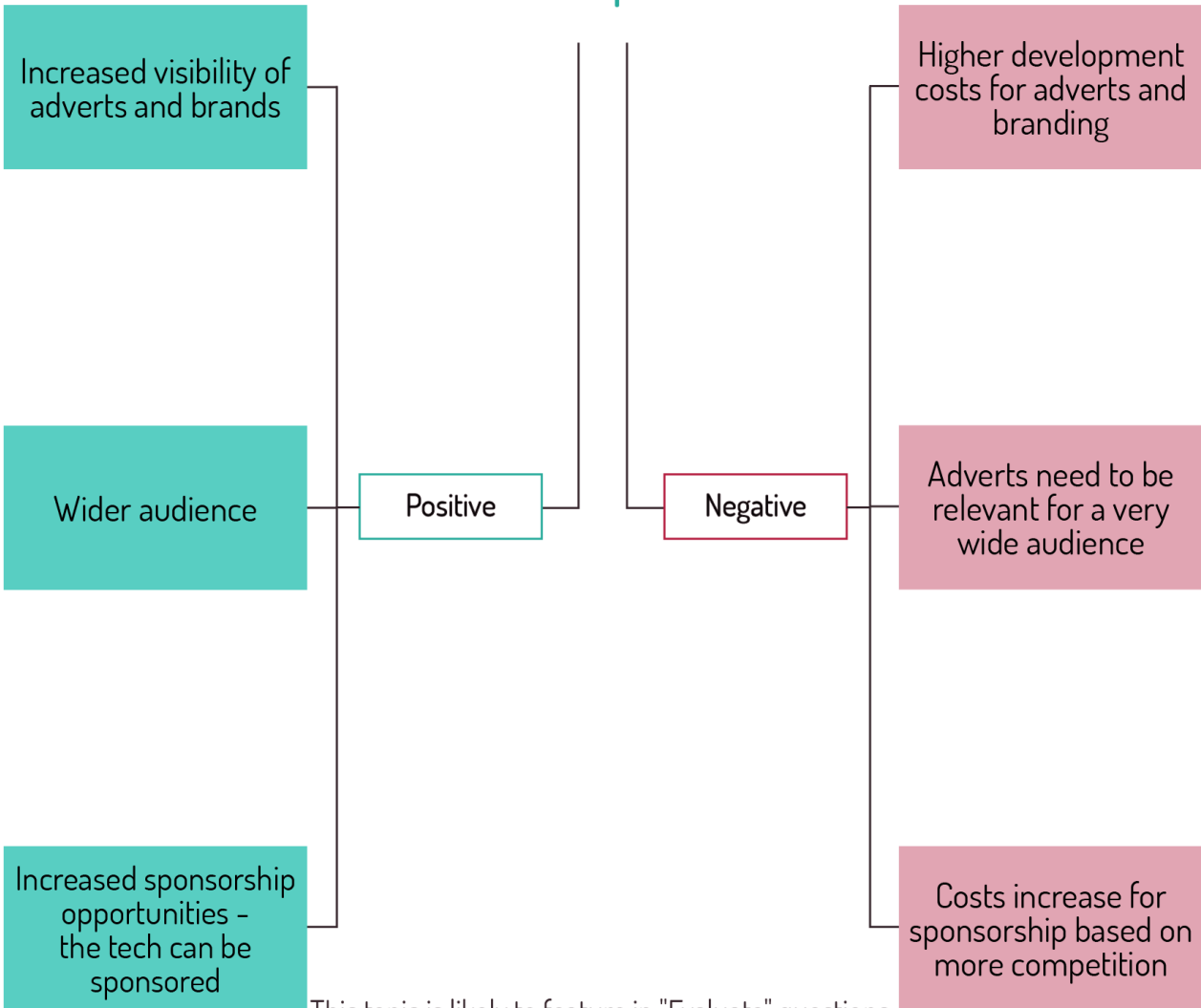
Impact of technology on spectators



This topic is likely to feature in "Evaluate" questions.

Notes

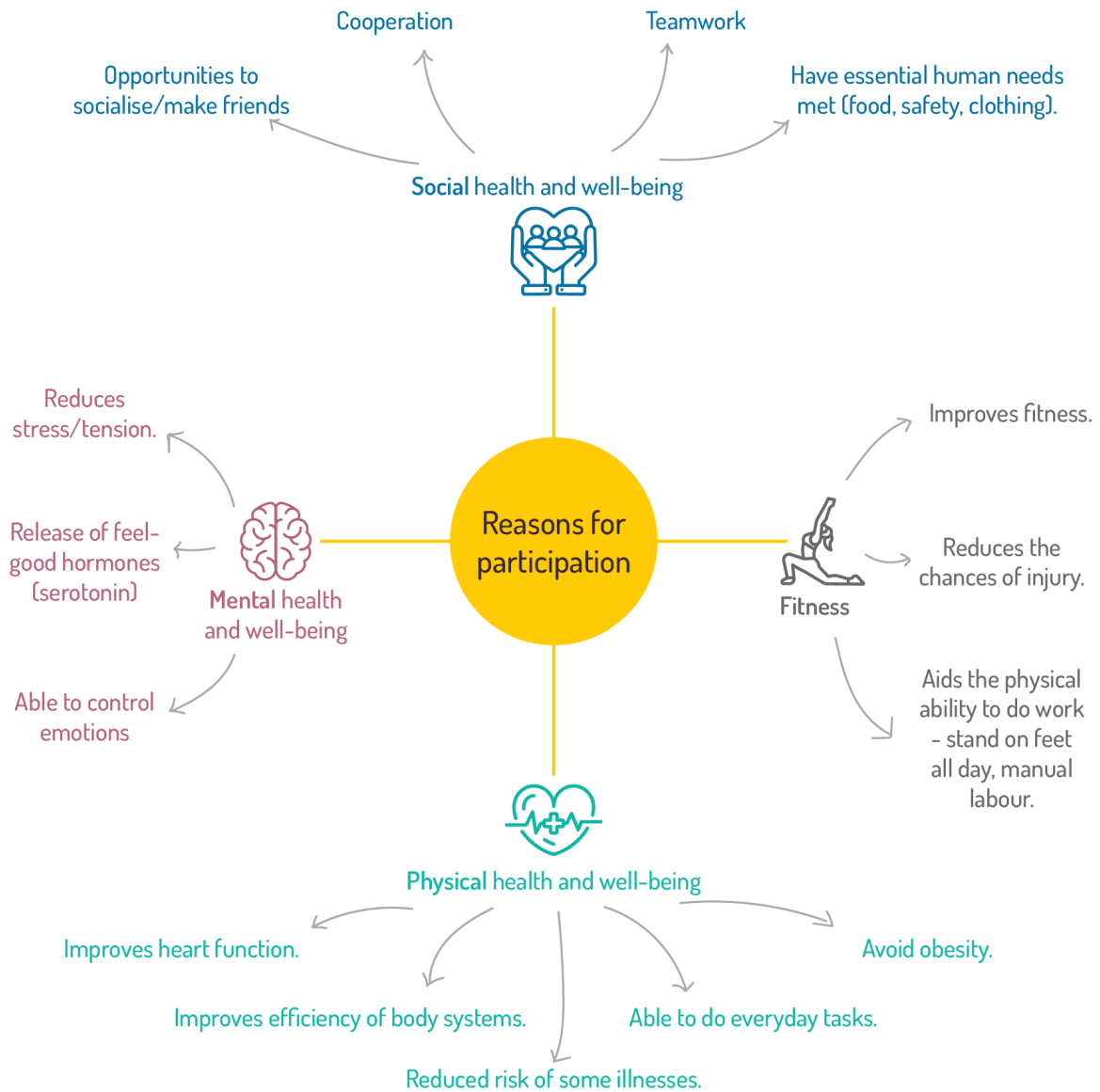
Impact of technology on the sponsor



This topic is likely to feature in "Evaluate" questions.

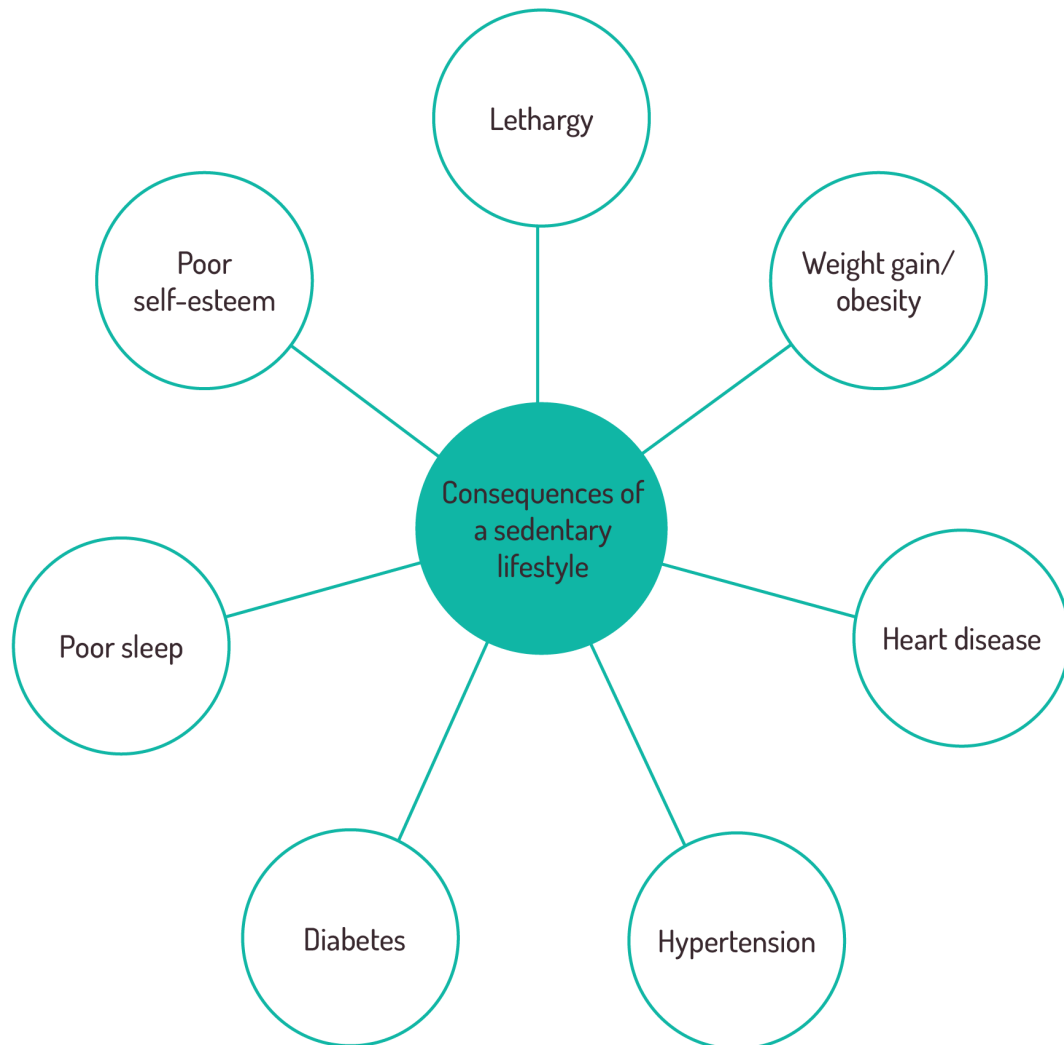
Notes

Section 7: Health and well-being and reasons for participation



Notes

Section 8: Consequences of sedentary lifestyles



Notes

Section 9: Somatotype

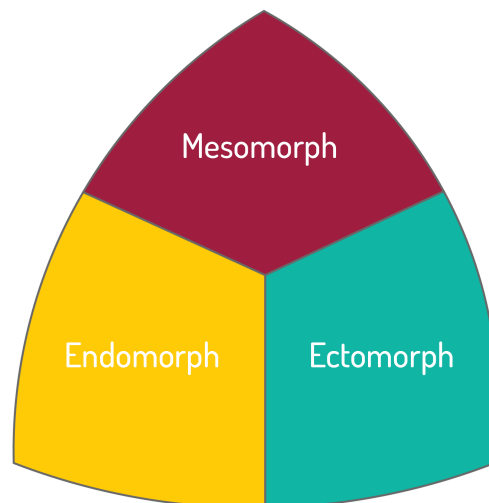
Sheldon's theory suggests that body type predicts personality. This theory is very widely discredited today but we still learn these body types in relation to the types of sports performers.

What is a somatotype?

- A fixed body structure that does not change
- Ratio between hip and shoulder breadth
- All people have differing degrees of all three somatotypes

What is a somatotype not?

- How muscly someone is
- How tall someone is
- How fat someone is



Notes
