



Revision Series 2023

# Edexcel 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 the number of marks on Paper 1 since 2018.
- Yellow denotes skills that will be covered in the session and that are also covered in the mock exam and model answers.

## Topic 1: Health, fitness and well-being

- Health (18)
- Lifestyle choices (11)
- Consequences of a sedentary lifestyle (8)
- Macronutrients (10)
- Micronutrients (8)
- Factors affecting optimum weight (19)

## Topic 2: Sport psychology

- Classification of skill (25)
- Types of practice (16)

- SMART targets (17)

- Types of guidance (26)
- Mental preparation (8)

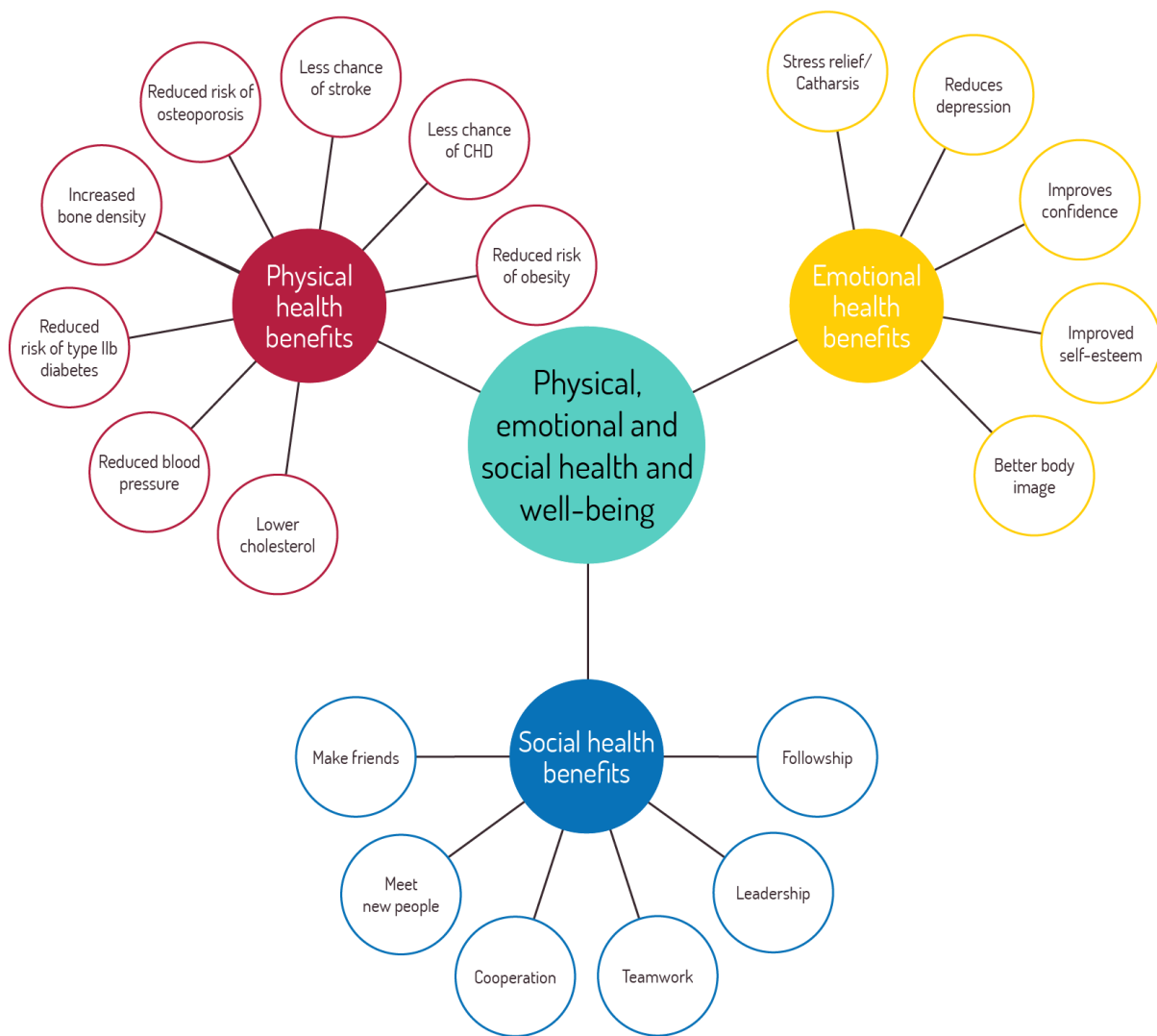
## Topic 3: Sociocultural Influences

- Engagement patterns (28)
- Commercialisation (39)
- Ethics - sportsmanship, gamesmanship and deviance (30)

## Topic 4: Use of data

- Use of data (20)

# Section 1: Health



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## Section 3: Factors affecting optimal weight

Factors affecting optimum weight (Must be able to apply these)	Sex	Males consume more _____ than women on _____.
		Males are _____ on average.
		Males are _____ on average.
	Height	_____ people consume more calories on average.
		Taller people have a _____ optimal weight on average.
	Bone structure	_____ people consume more calories.
		_____ people have a higher optimal weight on average.
	Muscle girth	_____ lead to a higher optimal weight.

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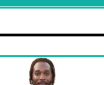
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# Section 4: Classification of skill



Performer	Performance	Justify placement on open/closed	Justify placement on basic/complex	Justify placement on low/high organisation
<p><b>Josh</b></p> <p>Basic Details Age: 28 Sport: 100m Sprint Level: Olympic Podium Potential</p>	Sprint start	Open <b>because</b> Josh has to respond to a changing environment. In this case, the gun sounding.	Basic <b>because</b> there is only one decision to make and the response to the gun is always to begin sprinting.	High <b>because</b> Josh is not able to separate the different subroutines such as arm action and leg drive and practise them separately.
<p><b>Josh</b></p> <p>Basic Details Age: 28 Sport: 100m Sprint Level: Olympic Podium Potential</p>	Middle of the race			
<p><b>Tom</b></p> <p>Basic Details Age: 43 Sport: Tennis (singles and doubles) Level: Novice</p>	Serving			



 <p><b>Tom</b></p> <p><b>Basic Details</b> Age: 42 Sport: Tennis (singles and doubles) Level: Novice</p>	Lobbing the opponent			
 <p><b>Kate</b></p> <p><b>Basic Details</b> Age: 37 Sport: Triathlon Level: Club</p>	Triathlon racing			
 <p><b>Laura</b></p> <p><b>Basic Details</b> Age: 31 Sport: Gymnastics (Artistic) Level: National</p>	Vaulting			
 <p><b>Julie</b></p> <p><b>Basic Details</b> Age: 28 Sport: Netball (GD, GO) Level: Semi-professional/National</p>	Penalty pass			
 <p><b>Julie</b></p> <p><b>Basic Details</b> Age: 28 Sport: Netball (GD, GO) Level: Semi-professional/National</p>	Intercepting a pass into the D			
 <p><b>Carlos</b></p> <p><b>Basic Details</b> Age: 35 Sport: Wheelchair basketball Level: Ex-national team</p>	Free throw			
 <p><b>Carlos</b></p> <p><b>Basic Details</b> Age: 35 Sport: Wheelchair basketball Level: Ex-national team</p>	1v1 defending			





# Section 7: Engagement patterns

Factors affecting participation				
Age	Socio-economic group	Gender	Disability	Ethnicity
<ul style="list-style-type: none"> <li>• Adults earn money</li> <li>• Adults can afford more expensive sports.</li> <li>• Adults may have less time.</li> <li>• Younger people have less access to transport.</li> <li>• Younger people restricted to local opportunities.</li> <li>• Elderly may be more frail.</li> <li>• Fewer activities for the elderly.</li> </ul>	<ul style="list-style-type: none"> <li>• Wealthier people have more money.</li> <li>• Wealthier can afford more expensive sports.</li> <li>• Less wealthy play cheaper sports.</li> <li>• Less wealthy might choose boxing or athletics.</li> </ul>	<ul style="list-style-type: none"> <li>• Male sport is dominant.</li> <li>• Fewer female role models.</li> <li>• Less female media coverage.</li> <li>• Fewer clubs for females.</li> <li>• Female dropout rate.</li> <li>• Less sponsorship for female sport.</li> <li>• Less funding for grassroots girls sport.</li> </ul>	<ul style="list-style-type: none"> <li>• Paralympic sport is less valued than olympic.</li> <li>• Less media coverage.</li> <li>• Fewer role models.</li> <li>• Need for adapted sports.</li> <li>• Disabled face more barriers of kit, equipment and access.</li> </ul>	<ul style="list-style-type: none"> <li>• Very few non-white people in sport admin.</li> <li>• Very few non-white people in sport coaching.</li> <li>• Non-white participation is focussed in some sports and not all.</li> <li>• Fewer role models in some sports for non-whites.</li> </ul>

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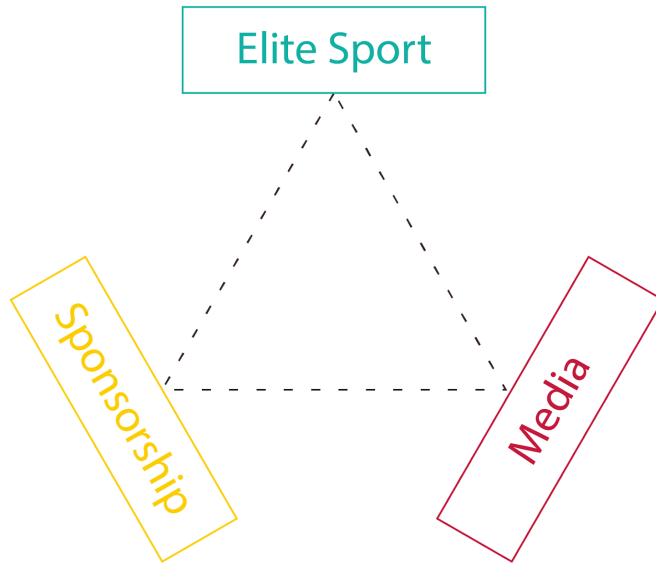
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# Section 8: Commercialisation

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



**Elite sport** provides \_\_\_\_\_.



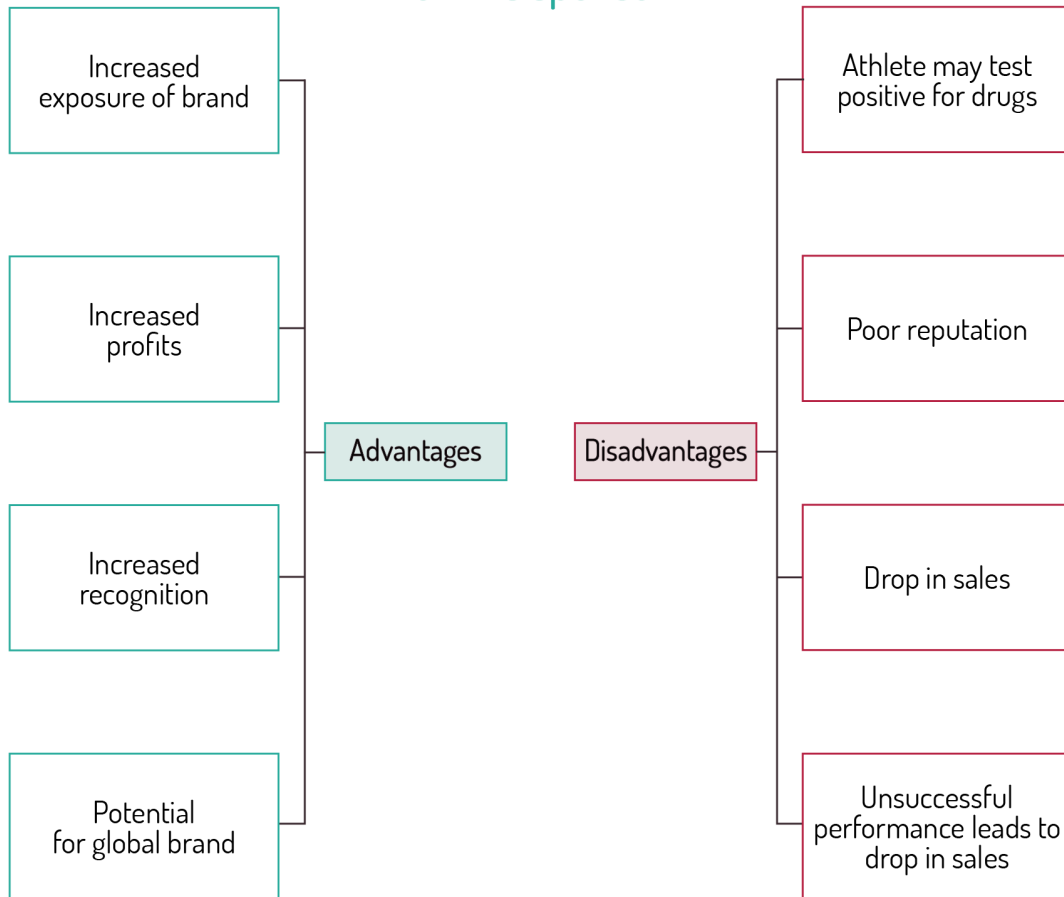
**Media companies** make the sport \_\_\_\_\_  
to a \_\_\_\_\_.



**Sponsors** invest \_\_\_\_\_ to make their  
products \_\_\_\_\_.

# Advantages and disadvantages of commercialisation and media

## Impact of commercialisation on the sponsor



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

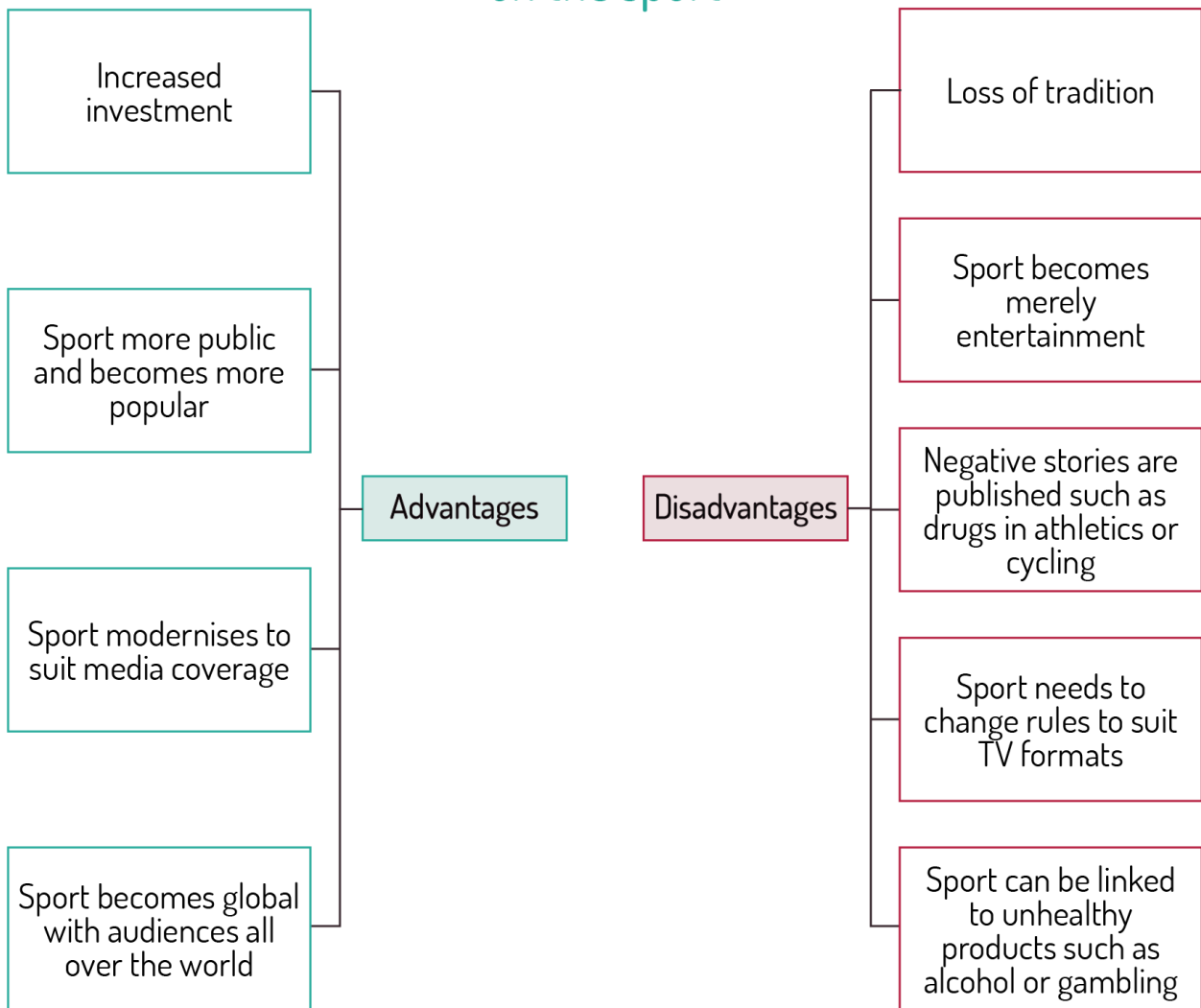
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# Impact of commercialisation on the sport



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

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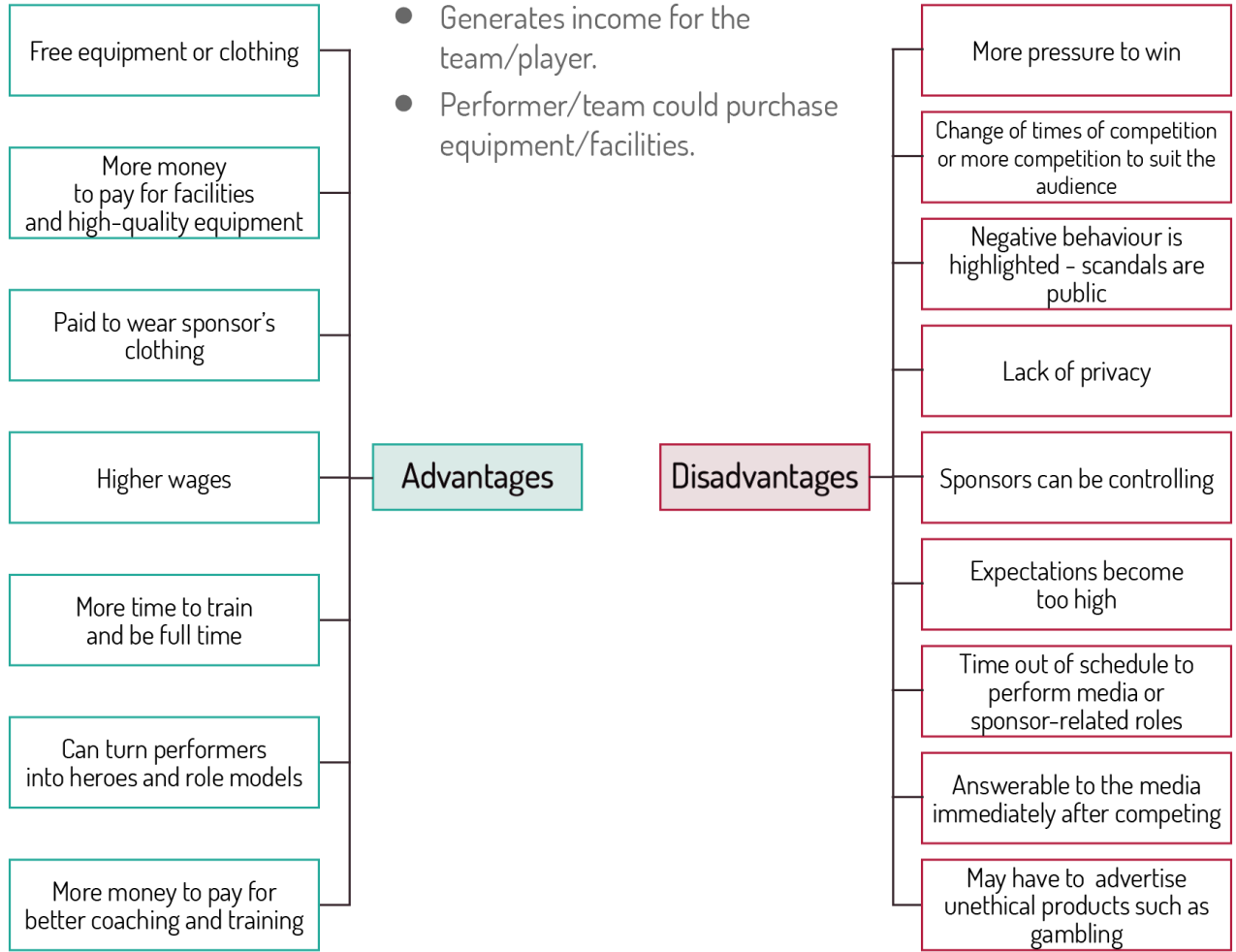
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# Impact of commercialisation on the player/team



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

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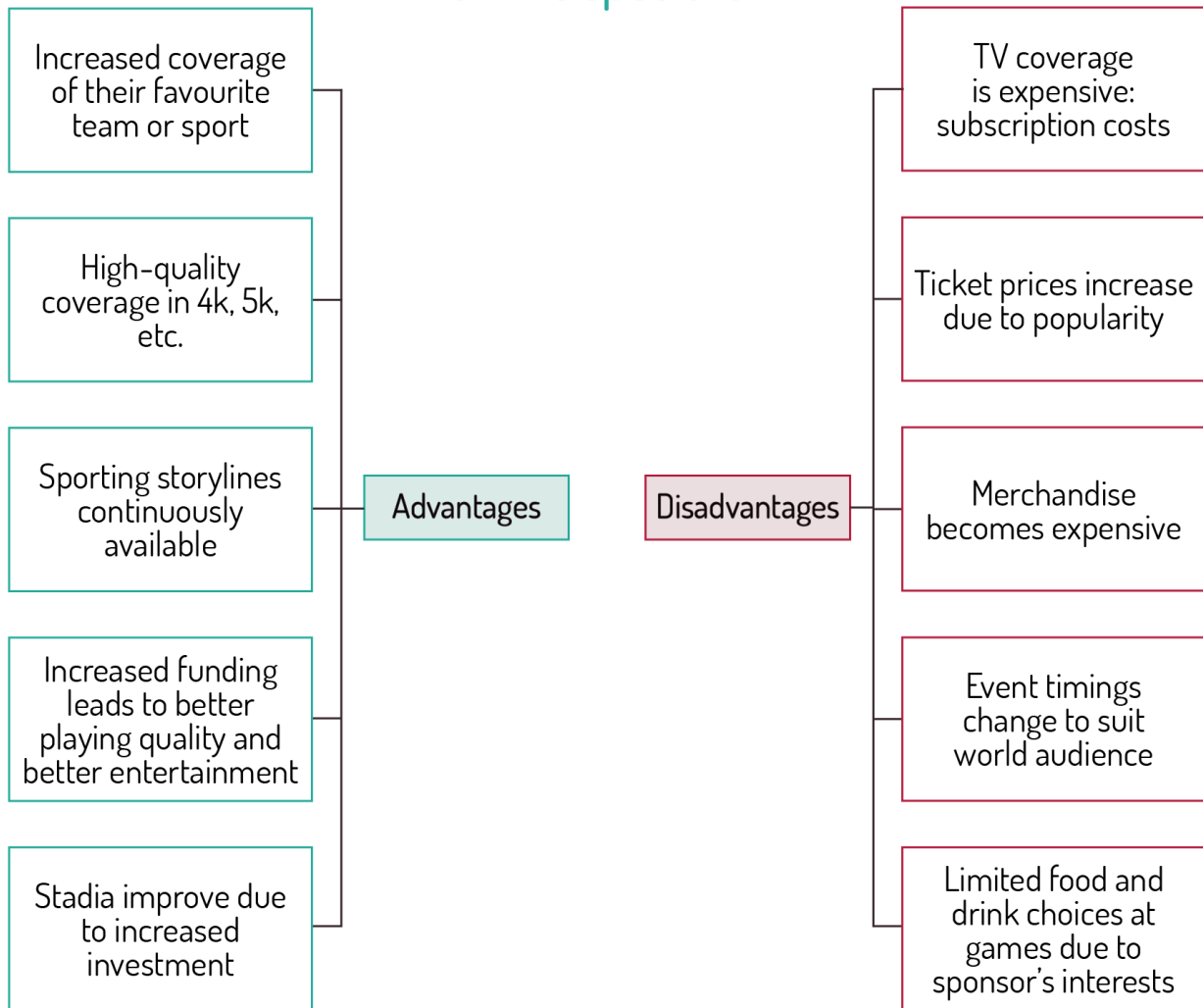
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## Impact of commercialisation on the spectator



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

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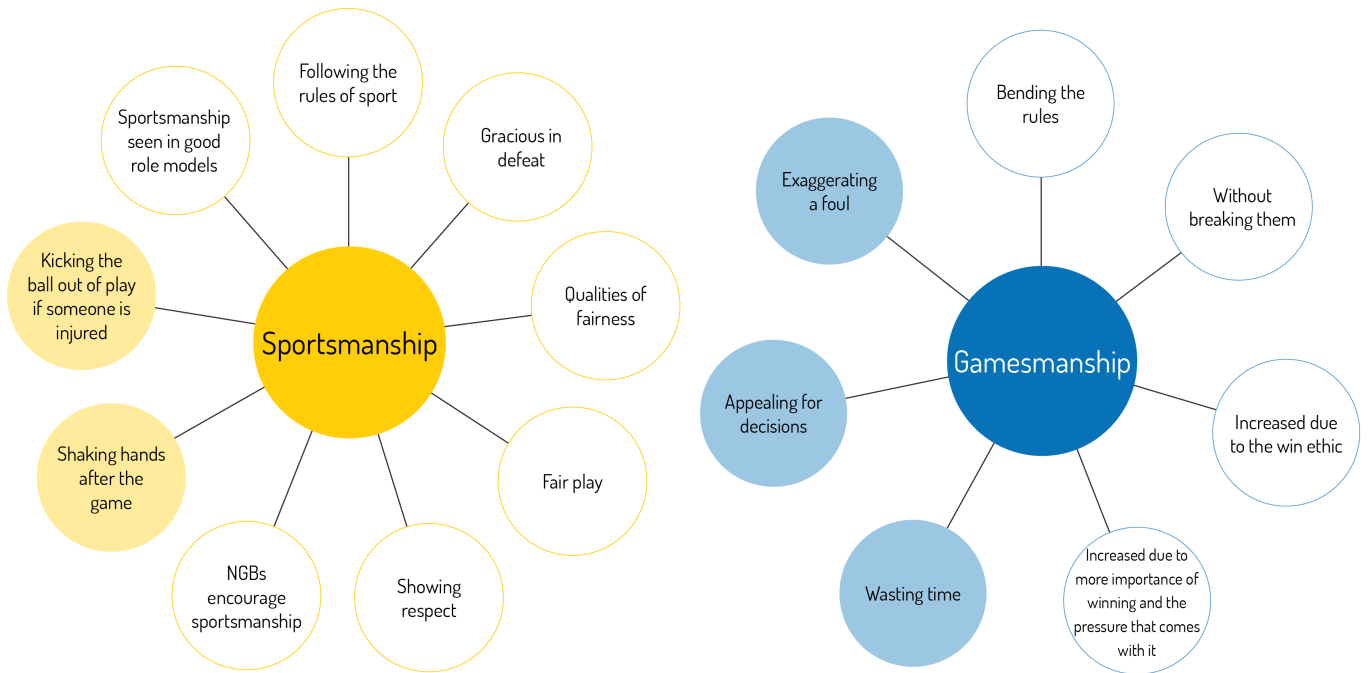
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# Section 9: Ethics - Sportsmanship, gamesmanship and deviance



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