

Revision Series 2024

AQA A-Level PE - 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.
- The imagery contained in the notes is designed for you to be able to study the A01 knowledge prior to the live session.
- During the live session, James will guide you through how to use that knowledge in your exam.
- 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 pages 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.
- 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.

### My ticklist:

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

## During the live show, we will cover...

Topic 1: Effects of dietary supplements / Manipulation on the performer.....	3
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We will also cover a wide array of exam skills including command terms for A01, A02 and A03 as well as the extended writing requirements of the paper.

You may also find it useful to study our previous years' revision shows when different samples of content and skills have been developed.

# Topic 1: Effects of dietary supplements / Manipulation on the performer

Creatine	Sodium bicarbonate	Caffeine	Glycogen loading
From meat/fish	Reduces acidity/neutralises lactic acid	Stimulant	7-day process
Amino acids	HCO <sub>3</sub> <sup>-</sup>	+Increases activity of the CNS	Day one: Deplete glycogen stores.
Creatine monohydrate	Binds with hydrogen ion	+Increased alertness	Days 2&3: Increase fat and protein.
+Increased PC stores	Carbonic acid	+Decreased reaction time	Day 4: Deplete glycogen.
+Increased length of high-intensity activity	Converted to CO <sub>2</sub> and H <sub>2</sub> O and breathed out	+Increased aerobic capacity	Day 5-7: Carb-rich dieting
+Increased max explosive strength	+Increased buffering capacity	+Increased fat metabolism and fat solubility in blood plasma	Combine with the tapering of training.
-Increased weight	+Delays OBLA	+Preserve glycogen	+Up to 50% greater glycogen store
-Increased water retention	+Increased intensity before OBLA	-Diuretic	+Takes longer to reach exhaustion.
	-Unpleasant	-Insomnia	+Increased endurance
	-Tummy ache	-Acidic - can lead to stomach problems.	-Hypoglycaemia in depletion phase
	-Diarrhoea		-Lethargy
	-Vomiting		-Irritability
	-Stomach cramps		-Water retention
			-Gastrointestinal problems

## Revision 2022 - extended writing model answer

Analyse the benefits of glycogen loading and sodium bicarbonate for a 3,000m runner.

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## Newton's analogues

### Newton's first analogue

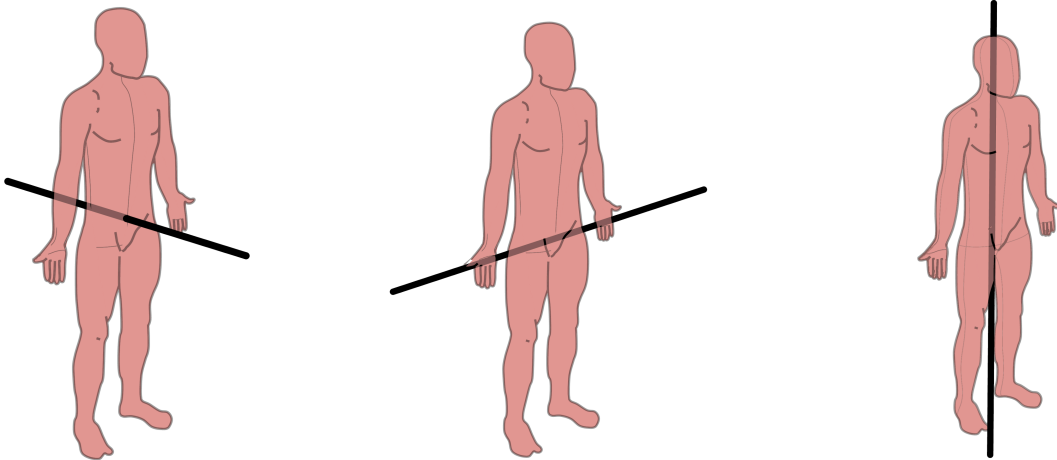
- A rotating body will continue in a state of constant angular momentum until acted upon by an external torque.
- A body in flight will rotate with constant angular momentum until landing/external torque.
- A body on ice will rotate with constant angular momentum until landing/external torque.

### Newton's second analogue

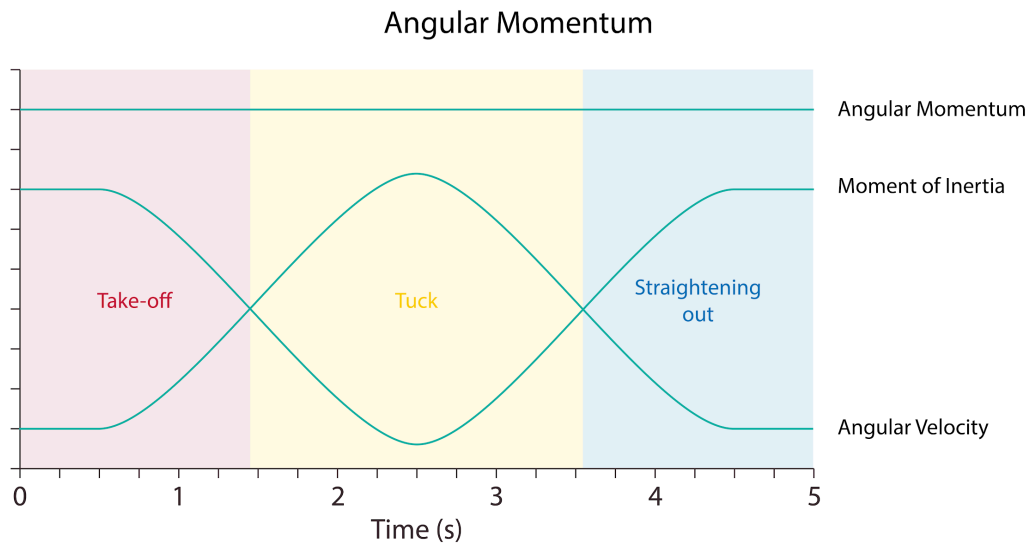
- Angular acceleration is directly proportional to the torque acting and takes place in the direction of that torque.

### Newton's third analogue

- For every rotational action, there is an equal and opposite rotational action.





A **rotating** body will continue in a state of **constant angular momentum** until an **external torque** acts upon it.

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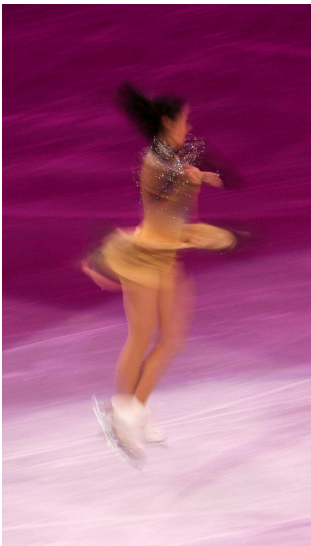
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Stage	Action	Impact
Prior to take-off	_____ _____ _____	_____ _____ _____
During flight	_____ _____ _____	_____ _____ _____
Prior to entry	_____ _____ _____	_____ _____ _____



Stage	Action	Impact
Prior to take-off	_____ _____ _____	_____ _____ _____
During flight	_____ _____ _____	_____ _____ _____
Prior to entry	_____ _____ _____	_____ _____ _____



Want to know more?

Watch the FREE tutorials "Angular motion" and "Angular momentum" on [TheEverLearner.com](https://www.theeverlearner.com)

# Topic 3: Factors affecting horizontal displacement of projectiles

## Factor 1: Angle of release



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## Factor 2: Speed of release



Complete this statement:

A greater velocity of release increases the \_\_\_\_\_ of a projectile.

## Factor 3: Height of release

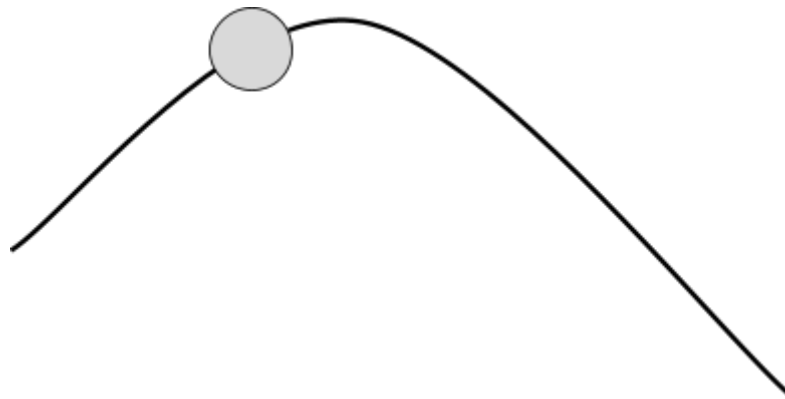


Complete this question:

Explain how a shot-putter uses the height of release of the shot to improve her performance.

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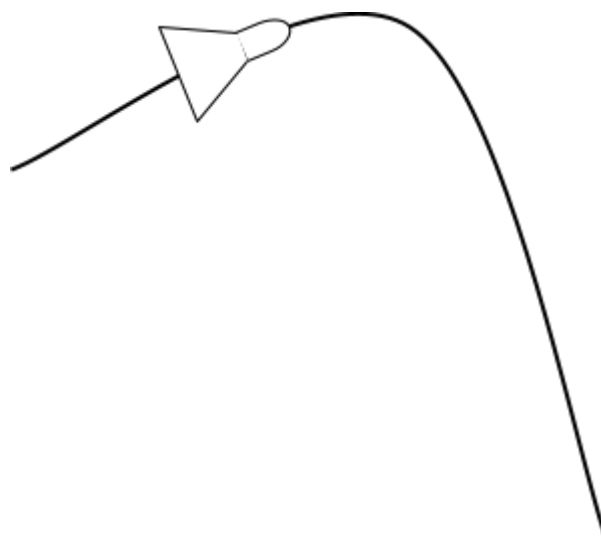
Illustrate the resultant force of the shot:



Explain why the flight path of the shot is symmetrical.

A rectangular box containing seven horizontal lines for writing an answer.

Illustrate the resultant force of the shuttle:



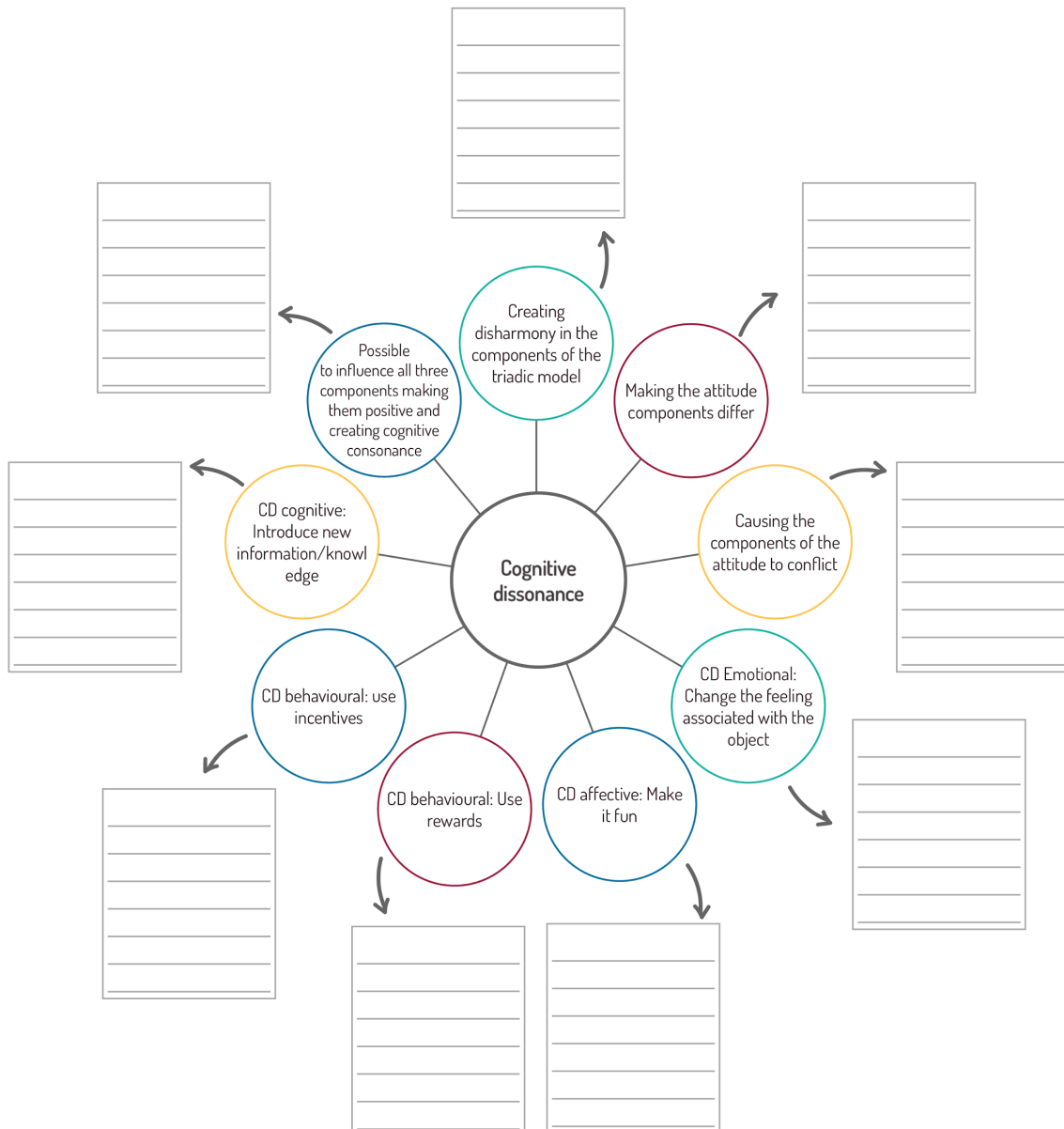
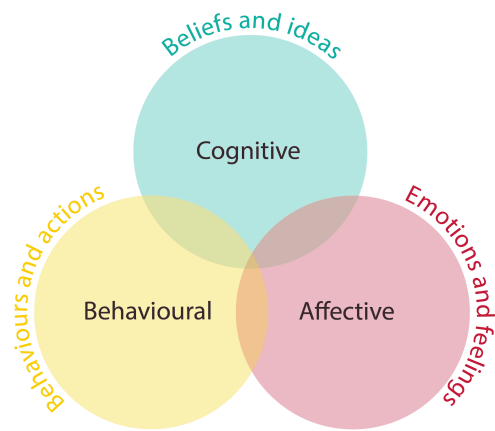


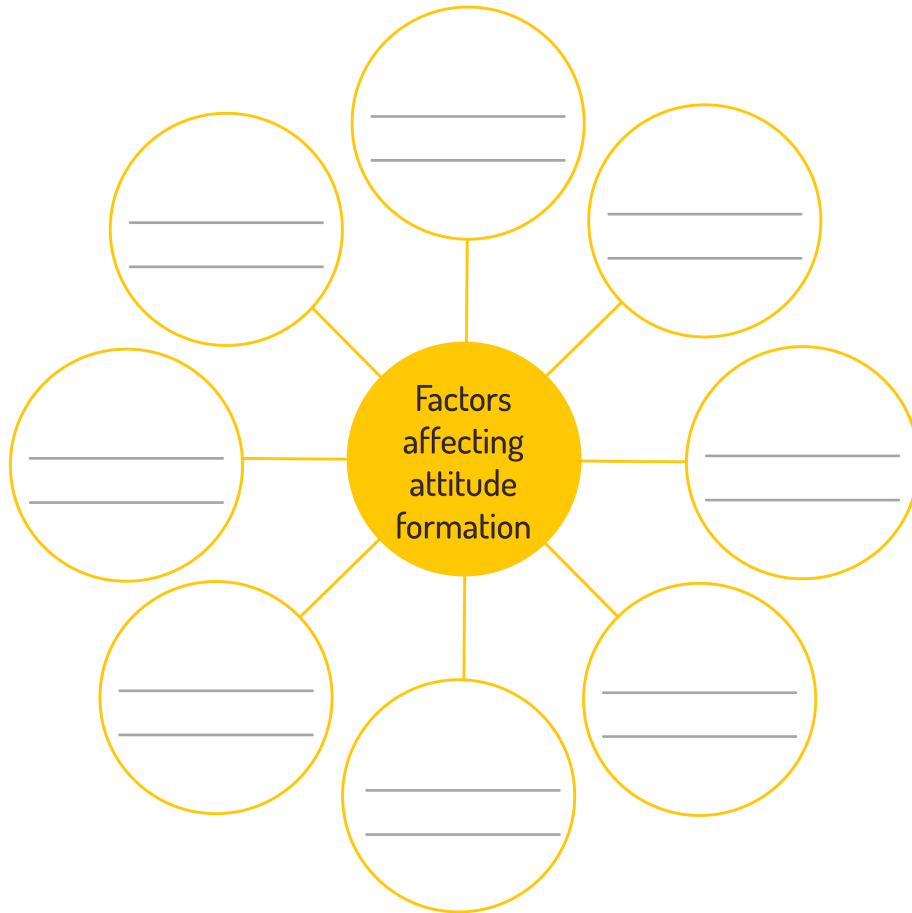
# Topic 4: Attitudes

## Attitude

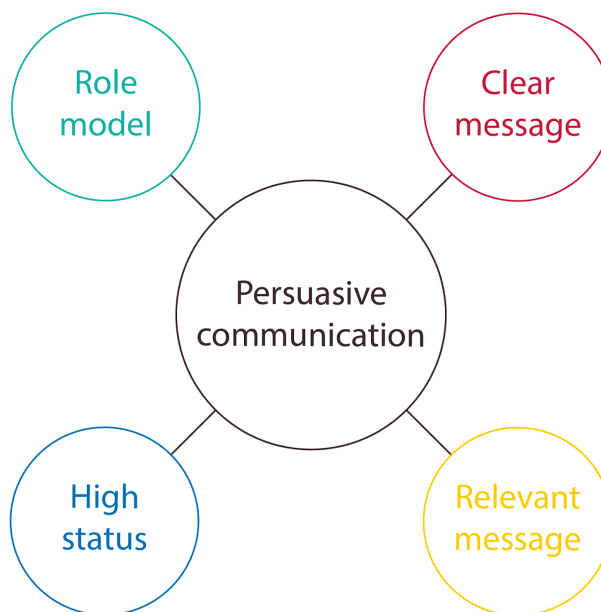
- Predisposition to act in a particular way towards something or someone in a person's environment
- Behaviour/ feelings and beliefs towards an attitude object

The Triadic Model of Attitudes





## Persuasive Communication

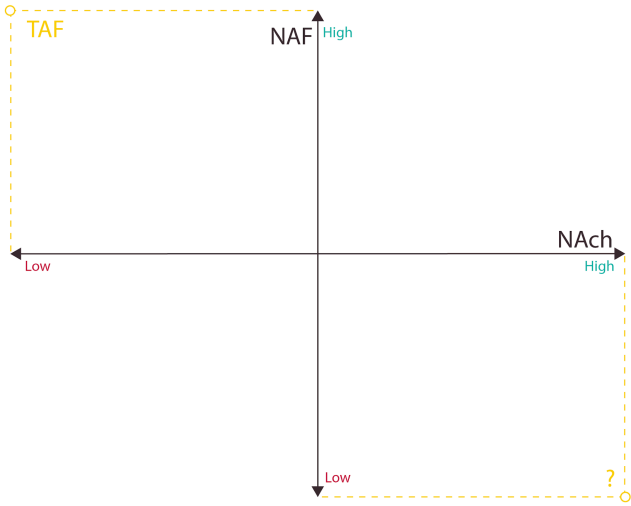






# Topic 5: Achievement motivation theory

## Achievement Motivation



Type	Characteristic	Example of behaviour	Example in a game
NAch	Likes to take risks	Approach behaviour in 50-50 situations	A hockey player choosing to take the final penalty shuffle in a shoot-out (if they miss, they would still take the final penalty shuffle next time)
NAch	_____	_____	_____
NAch	_____	_____	_____

NAF	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
NAF	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
NAF	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



Want to know more?

Watch the tutorials "Achievement motivation" and "NAch and NAF" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

# Topic 6: Strategies to improve cohesion, group productivity and overcome social loafing

## Steiner's Model

$$\text{Actual Productivity} = \text{Potential Productivity} - \text{Losses due to faulty processes}$$

Ringelmann effect	Social loafing
Coordination losses	Motivational losses
Technical losses	
More common with complex skills	
Reducing the effect:	Reducing the effect:
	Set high standards and hold performers to them.
Practice like the competition.	Set individual goals.
	Monitor physical performance with trackers.
Overlearn set plays.	Use notational analysis where relevant.
Select teams where intuition/cohesion is greater.	
	Apply drive reduction theory to make sure goals are challenging.
Emphasise/reinforce successes.	

Explain the possible strategies that a coach could use to improve team cohesion.




Want to know more?

Watch the tutorials "Strategies to increase social cohesion" and "Strategies to combat social inhibition" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

## Topic 7: Stress management – Cognitive and somatic techniques

Past papers	2018	2021	2023
Type	Visualisation and centering	Cognitive techniques and catastrophe theory (not mental rehearsal, visualisation and imagery – part of Q)	Cognitive techniques
Sporting activity	Rugby – kicking a conversion	Diving	Golf
Marks available	8	8	15

Performer scenario	Stress management technique		Application/impact
Basketballer preparing for a cup final (1 hour before)	Cognitive	_____	_____
	Somatic	Progressive muscle relaxation	Contracting and relaxing each muscle would help to release any tension built up in the muscles, allowing them to go into the warm-up/game more physically relaxed and reducing stress levels. This would have a positive impact on performance.
100m freestyle swimmer on the start block	Cognitive	Positive self-talk	Use it to ‘psych up’ just before the start and think about a previous race where they have performed well, such as getting a fast start and an effective tumble turn. This can be used by the swimmer as a positive ‘mantra’ e.g. ‘I will start the race well’ and ‘I am capable of doing this’.
	Somatic	_____	_____

High jumper on their third attempt at a height	Cognitive	Mental rehearsal/imagery	Picturing themselves successfully clearing the height in their minds can help to boost their confidence and control any negative thoughts, allowing the high jumper to focus on performing the jump effectively.
	Somatic	_____	_____

15. Evaluate the use of breathing control **and** progressive muscular relaxation to manage stress before a 10m platform dive.

<p>3 Breathing control involves slow, deep and controlled breathing.</p> <p>6 The diver can be on the top of the 10m platform and have time to complete deep and timed breaths. The technique can be used almost anywhere and does not take up too much time. This is ideal for a diver to reduce any arousal ahead of the complexity of the dive or allow the diver to filter out irrelevant information and noise such as the crowd. A consequence of being in an optimal zone of arousal leads to a strong execution of the dive. However, breathing control may be forgotten easily if the diver is using visualisation techniques to work through the rotations and movements involved in the dive. 4 PMR is a technique to tense muscles and then release slowly. This can also be completed immediately before the dive and compliments the breathing control techniques. They can be completed together at the same time. 13 PMR is beneficial as it can allow any muscle tension to be reduced. Muscle tension can hinder a dive and prevent the fluidity of the movements. The diver will therefore maximise marks awarded from the judges. However, to complete this technique from head to toe may be time consuming and not feasible to complete with the time available on the platform before the dive. It also requires 15 dedicated time for correct completion. Divers may prefer to focus on specific dive training rather than stress management techniques such as 1 PMR.</p>	<p>1 In combination with the referencing of other methods, this achieves point 1.</p>
Marks: [8/8]	



Want to know more?

Watch the tutorial "Stress management techniques" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

# Topic 8: UK Sport, national institutes of sport and national governing bodies



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# British Cycling

<https://www.britishcycling.org.uk/riderroute>



Analyse the role of different organisations when developing elite athletes in the UK. (15 marks)

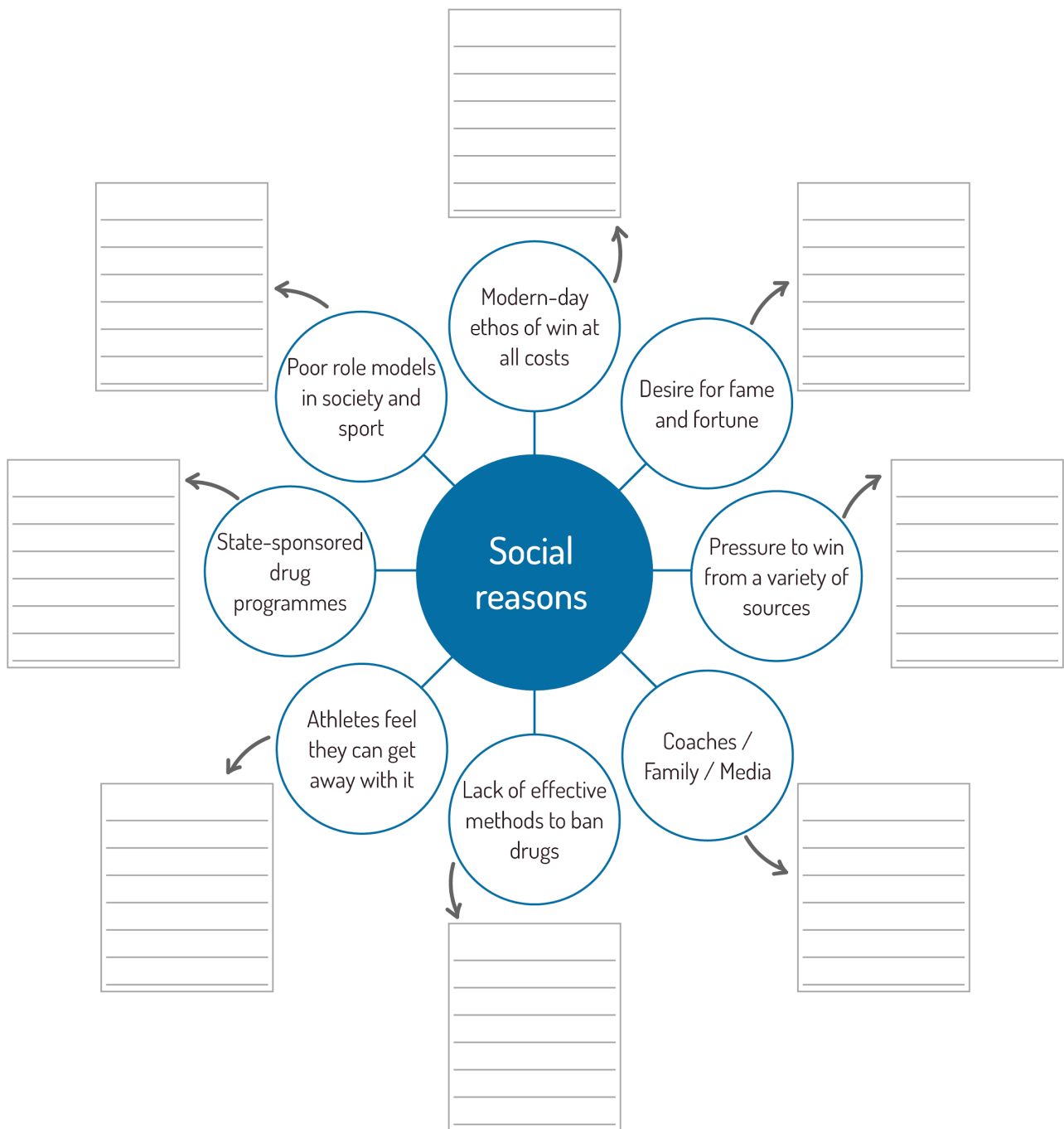
A large rectangular area with horizontal lines, intended for writing an answer to the question above.

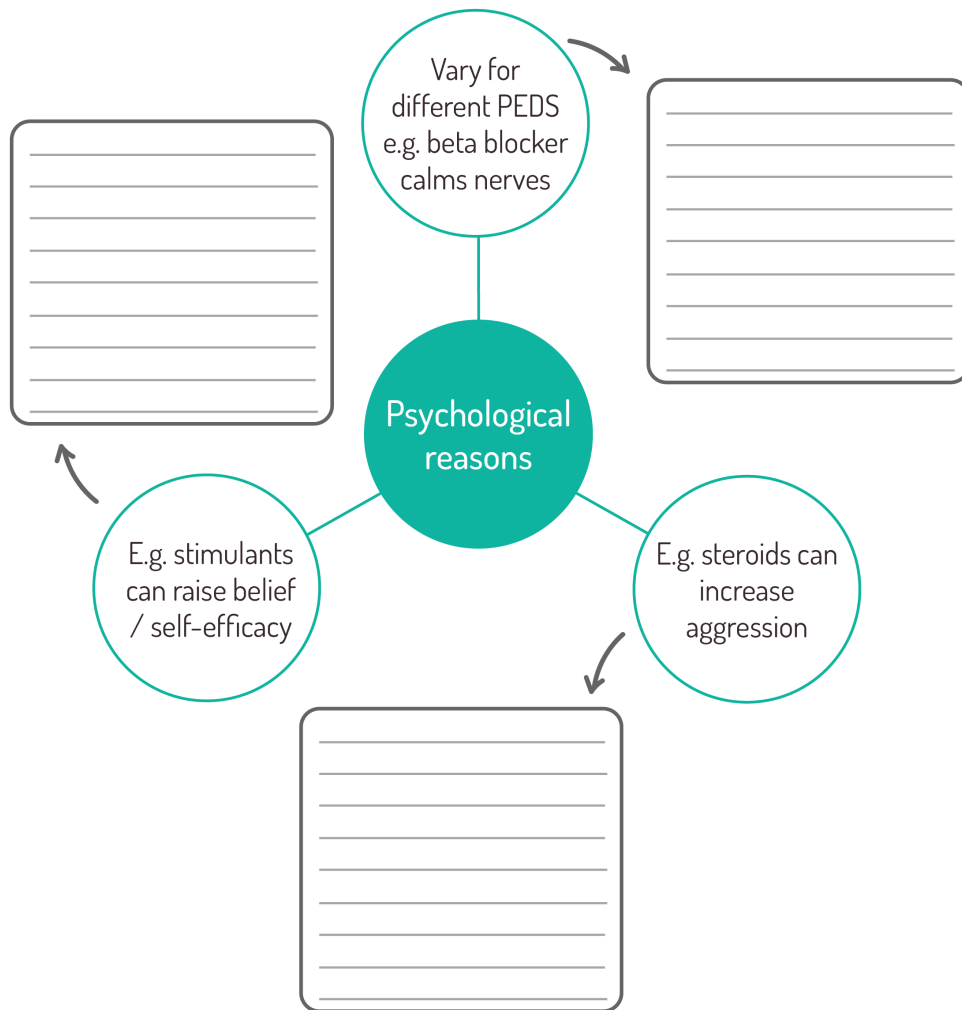


Want to know more?

Watch the tutorials "UK Sport, national governing bodies and national institutes of sport" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

# Topic 9: Social and psychological reasons for performers using PEDs





Want to know more?

Watch the tutorials "Drugs in sport" and "Arguments for and against PEDs" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).





In 2003, a rugby player was seriously injured during a collapsed scrum. It was argued that the on-match referee had been negligent.

Define negligence. (2 marks)

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Discuss the use of sports legislation for officials. (3 marks)

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Want to know more?

Watch the tutorial "Sport and the law" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).