

Revision Series 2024

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.
- 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

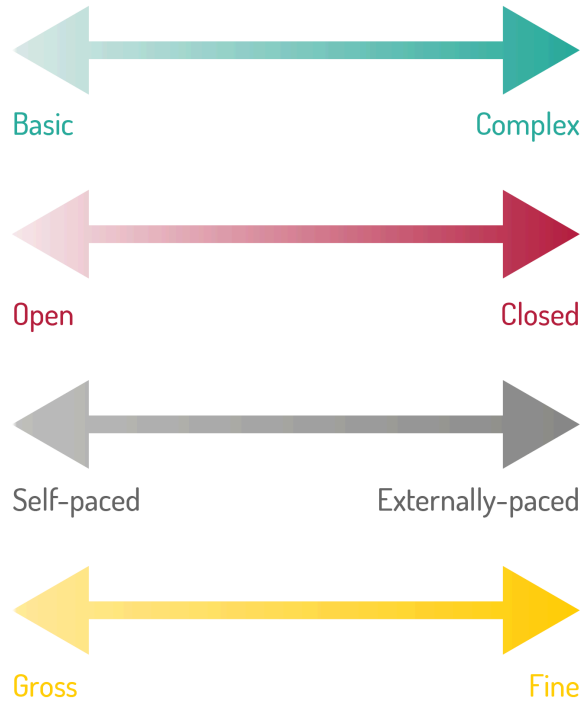
During the live show, we will cover...

Topic 1: Classification of skill.....	3
Topic 2: Types of guidance.....	6
Topic 3: Direct and indirect aggression.....	8
Topic 4: Types of sponsorship and the media.....	9
Topic 5: Conduct of performers.....	10
Topic 6: Advantages and disadvantages of taking PEDs for the performer.....	11
Topic 7: Disadvantages to the sport and events of taking PEDs.....	12
Topic 8: Link between participation in physical activity and health, well-being and fitness.....	13
Topic 9: Consequences of a sedentary lifestyle.....	14
Topic 10: Reasons for maintaining water balance (hydration).....	15

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.

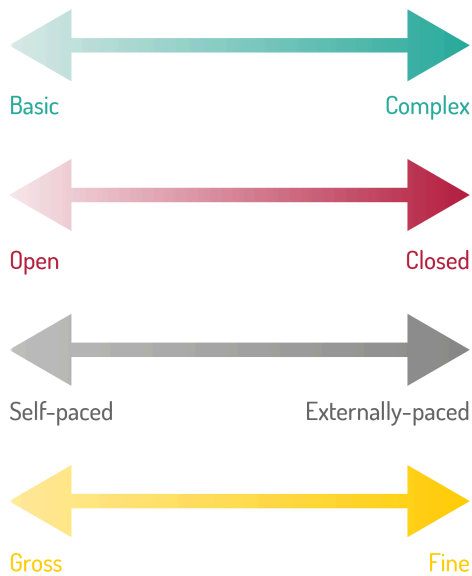
You may also find it useful to study our previous years' revision shows when different samples of content and skills have been developed.

Topic 1: Classification of skill

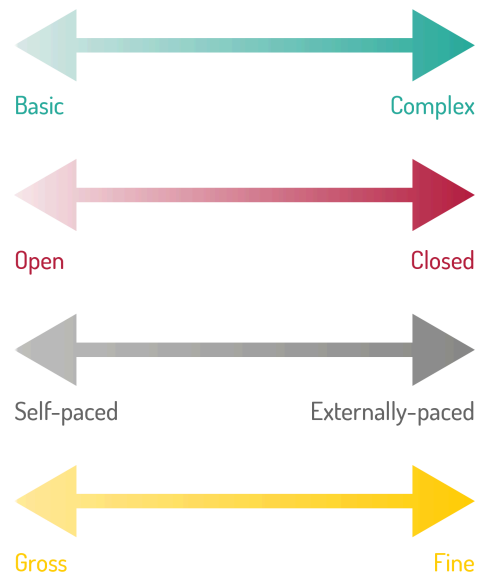


Place the following skills on the four continua:

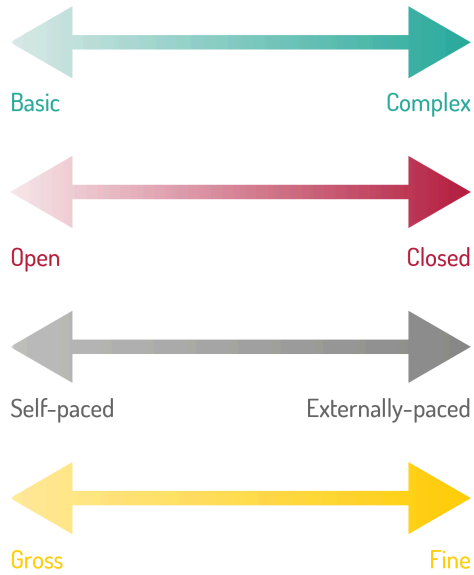
Skill 1 - Dribbling past an opponent in hockey



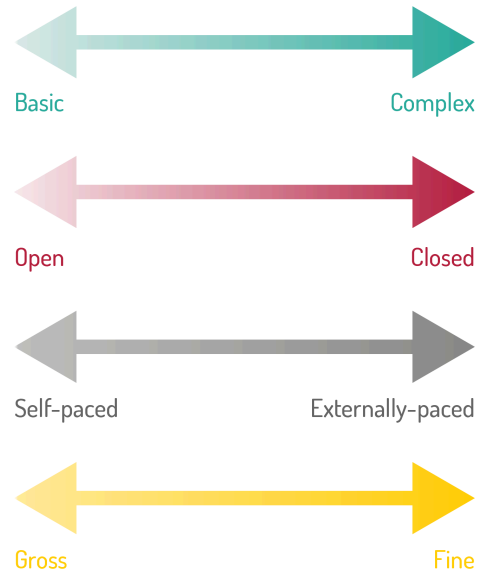
Skill 2 - Swimming front crawl



Skill 3 - Tennis serve



Skill 4 - Throwing a dart



Justify the placement of each skill on each continuum:

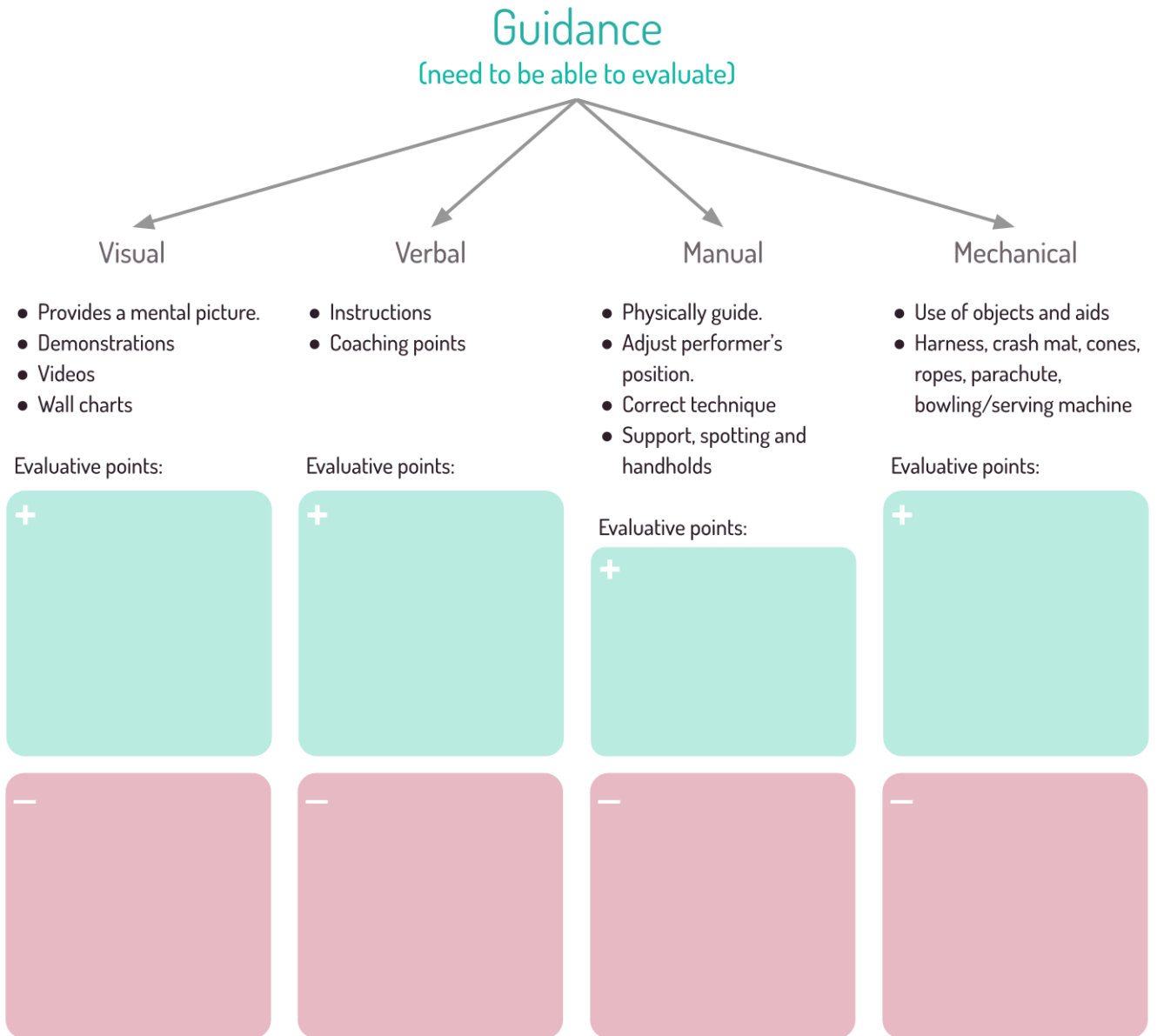
Skill	Basic/Complex	Open/Closed	Self-paced / Externally paced	Gross/Fine
1	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
2	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____

Skill	Basic/Complex	Open/Closed	Self-paced / Externally paced	Gross/Fine
3	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
4	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____



Want to know more? Watch the FREE tutorial "Classification of skill" on TheEverLerner.com

Topic 2: Types of guidance



Identify the most appropriate type of guidance for the scenario below and explain why it should be used:

Scenario	Type of guidance (use each one once)	Explanation (use terms such as 'because', 'by', 'causes', etc.)
Year 7 students learning a badminton serve via a demo within a PE lesson.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
England rugby team scrum practice	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Large elite squad training being given instructions	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Gymnastics support a handspring (manually)	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

Question: How would you use verbal guidance differently if you were coaching a group of beginners compared to an elite athlete?



Want to know more? Watch the FREE tutorial "Guidance" on [TheEverLearner.com](https://www.theeverlearner.com)

Topic 3: Direct and indirect aggression

Aggression

Direct aggression

Definition: _____

Example 1: _____

Example 2: _____

Indirect aggression

Definition: _____

Example 1: _____

Example 2: _____



Want to know more? Watch the FREE tutorial "Aggression" on [TheEverLearner.com](https://www.theeverlearner.com)

Topic 4: Types of sponsorship and the media

Identify the different types of media and sponsorship in the table:

Type of media	_____	_____	_____	_____	_____	_____
Type of sponsorship	_____	_____	_____	_____	_____	_____

Question: Explain the relationship between sponsorship, media and sport.

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



Want to know more?

Watch the tutorials "Sponsorship" and "The media" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 5: Conduct of performers

Conduct of performers

Etiquette	Sportsmanship	Gamesmanship	Contract to compete
Definition: _____ _____ _____ _____ _____	Definition: _____ _____ _____ _____ _____	Definition: _____ _____ _____ _____ _____	Definition: _____ _____ _____ _____ _____
Sporting example 1: _____ _____ _____ _____ _____	Sporting example 1: _____ _____ _____ _____ _____	Sporting example 1: _____ _____ _____ _____ _____	Sporting example 1: _____ _____ _____ _____ _____
Sporting example 2: _____ _____ _____ _____ _____	Sporting example 2: _____ _____ _____ _____ _____	Sporting example 2: _____ _____ _____ _____ _____	Sporting example 2: _____ _____ _____ _____ _____

It's really important to understand the difference between gamesmanship and deviance/cheating.



Want to know more?

Watch the tutorial "Conduct of performers" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 6: Advantages and disadvantages of taking PEDs for the performer

Fill out the following table, to evaluate the advantages and disadvantages of taking PEDs **for the performer and the sport (topic 7)**.

	Advantages	Disadvantages
Performer	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Sport	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>



Want to know more?

Watch the tutorial "Advantages and disadvantages of PEDs" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 7: Disadvantages to the sport and events of taking PEDs

Fill out the following table, to evaluate the advantages and disadvantages of taking PEDs **for the performer and the sport**.

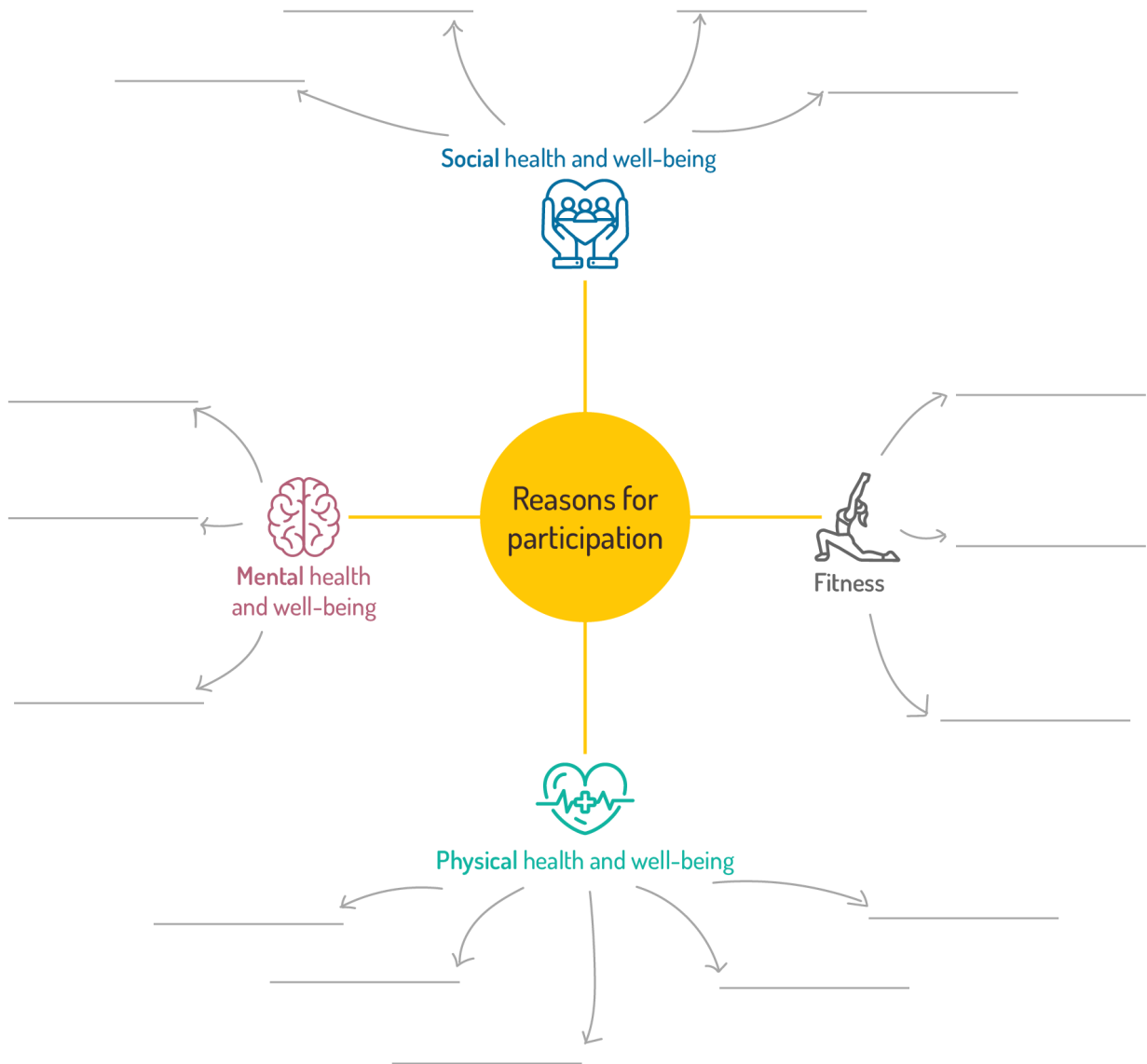
	Advantages	Disadvantages
Sport	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Events	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>



Want to know more?

Watch the tutorial "Advantages and disadvantages of PEDs" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

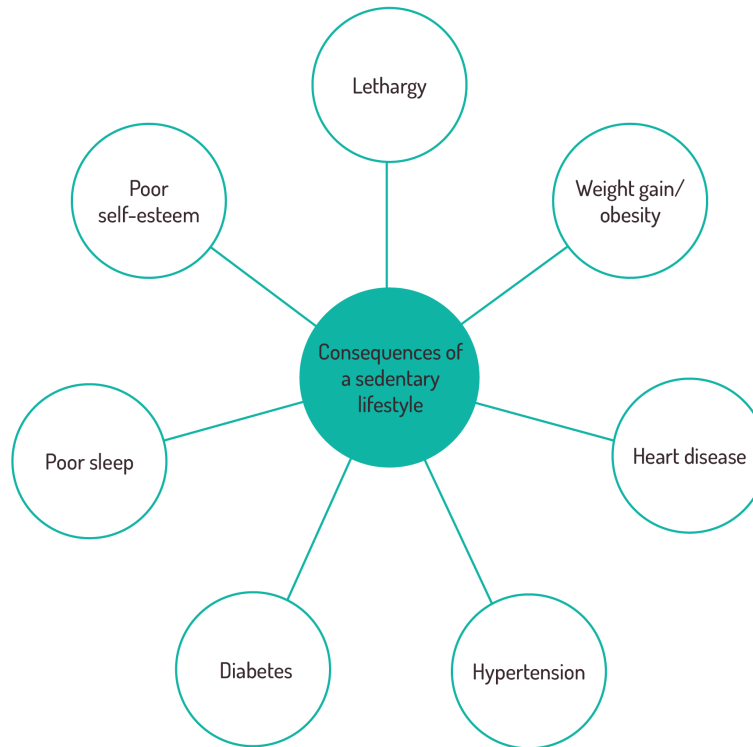
Topic 8: Link between participation in physical activity and health, well-being and fitness



Want to know more?

Watch the tutorial "Reasons for participation" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

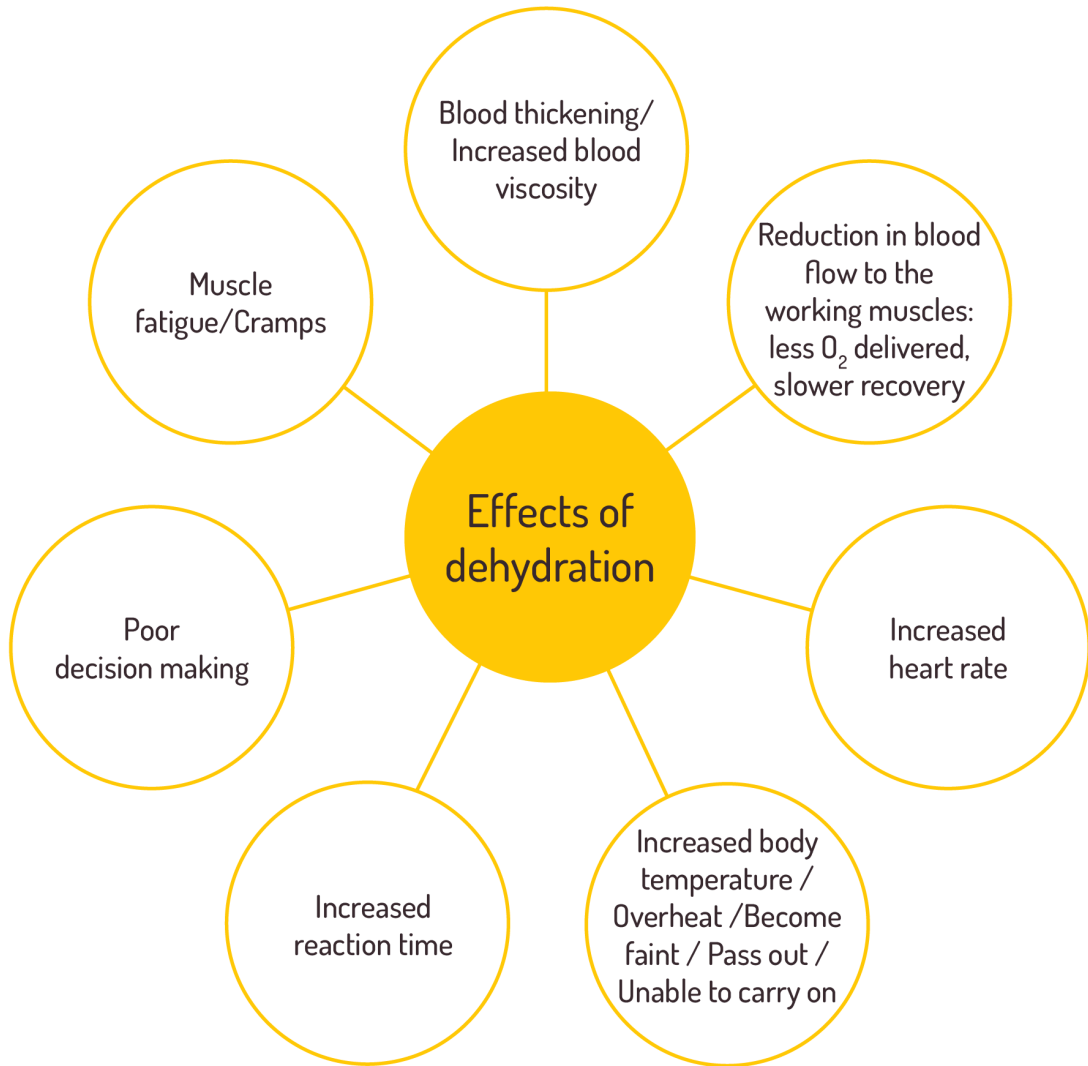
Topic 9: Consequences of a sedentary lifestyle



Want to know more?

Watch the tutorial "Consequences of a sedentary lifestyle" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 10: Reasons for maintaining water balance (hydration)



Dehydration is defined as _____

Fill out the table below:

Effect of dehydration	Consequence
Blood thickening	Slows blood flow, reducing flow to the working muscles.
<hr/> <hr/>	<hr/> <hr/>
<hr/> <hr/>	<hr/> <hr/>
<hr/> <hr/>	<hr/> <hr/>



Want to know more? Watch the tutorial "Hydration" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).