

Revision Series 2024

# 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.
- 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: A sedentary lifestyle and its consequences.....	3
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Topic 10: The different types of sporting behaviour.....	22

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: A sedentary lifestyle and its consequences

## Sedentary lifestyle

A sedentary lifestyle is sitting and lying down too much.

Consequences of a sedentary lifestyle		
Weight	Risk to long-term health	Reduced fitness
<ul style="list-style-type: none"> <li>● Overweight</li> <li>● Overfat</li> <li>● Obese</li> </ul>	<ul style="list-style-type: none"> <li>● Depression</li> <li>● CHD</li> <li>● High blood pressure</li> <li>● Diabetes</li> <li>● Osteoporosis</li> <li>● Loss of muscle tone</li> <li>● Poor posture</li> </ul>	<ul style="list-style-type: none"> <li>● Reduced strength</li> <li>● Reduced flexibility</li> <li>● Reduced CV endurance</li> </ul>

Consequence		Explanation
<hr/> <hr/>	→	<hr/> <hr/>
<hr/> <hr/>	→	<hr/> <hr/>
<hr/> <hr/>	→	<hr/> <hr/>
<hr/> <hr/>	→	<hr/> <hr/>
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7. Explain how a **sedentary** lifestyle can cause negative impacts on long-term health.

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Marks: **[4]**

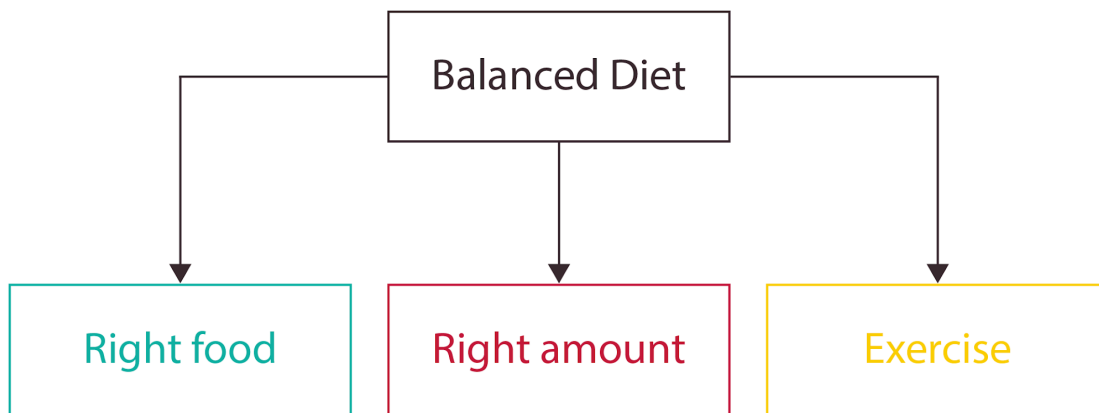


Want to know more?

Watch the FREE tutorial "Sedentary lifestyle" on [TheEverLearner.com](https://www.theeverlearner.com)



## Topic 2: A balanced diet



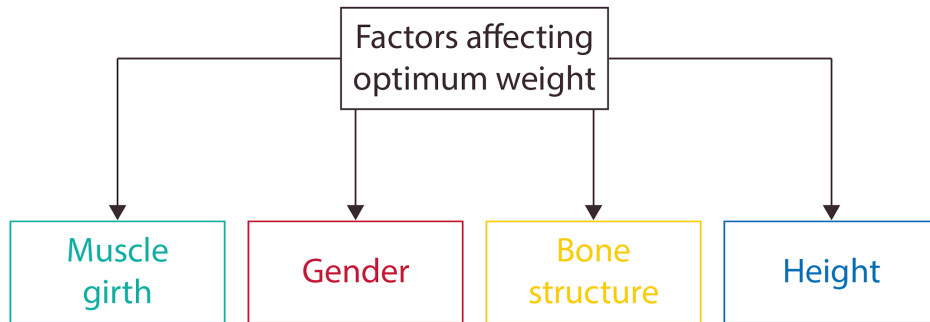
A large rectangular area with horizontal lines, intended for writing notes or answers.



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

# Topic 3: Optimum weight

## Factors affecting Optimum Weight



Explain why the optimum weight of a shot-putter is different to that of a marathon runner.

*A marathon runner would have a lower optimum weight than a shot-putter. The shot-putter would have higher muscle mass compared to a marathon runner. By having more muscle mass, the shot-putter can carry greater momentum in executing a throw. By having a lower optimum weight, the marathon runner is able to carry their own body weight throughout the race.*

Explain why the optimum weight of a sumo wrestler would vary from that of a jockey.

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

## Topic 4: Skill classification

**14.** Classify a tennis serve on the **open-closed** and **simple-complex** continua.

Justify your answers.

Placement open-closed: \_\_\_\_\_

Justification open-closed: \_\_\_\_\_

Placement simple-complex: \_\_\_\_\_

Justification simple-complex \_\_\_\_\_

Marks: **[4]**

Assessment objective	Likely command	Response
A01	Describe/Define	An open skill is one that continually needs to adapt to the changing environment, a closed skill takes place in a more stable, controlled environment.
A02	Place/Classify/Identify	Near the closed end of the continua
A03	Justify	BECAUSE the tennis player knows how they are going to perform the skill, before they perform it and the surrounding environment is stable and predictable. They choose when to start serving, the service box and returner remain in the same position so the serve doesn't need to be adapted to any changing factors.

Complete the table below in relation to a marathon runner and the organisational continuum.

Assessment objective	Likely command	Response
A01	Describe/Define	_____ _____ _____ _____



A02	Classify/Identify	_____ _____ _____
A03	Justify	BECAUSE_____ _____ _____

Complete the table below in relation to a smash in tennis and the complexity continuum.

Assessment objective	Likely command	Response
A01	Describe/Define	_____ _____ _____
A02	Classify/Identify	_____ _____ _____
A03	Justify	BECAUSE_____ _____ _____



Want to know more?

Watch the tutorial "Optimum weight" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

# Topic 5: Advantages and disadvantages of each type of guidance

## Visual guidance

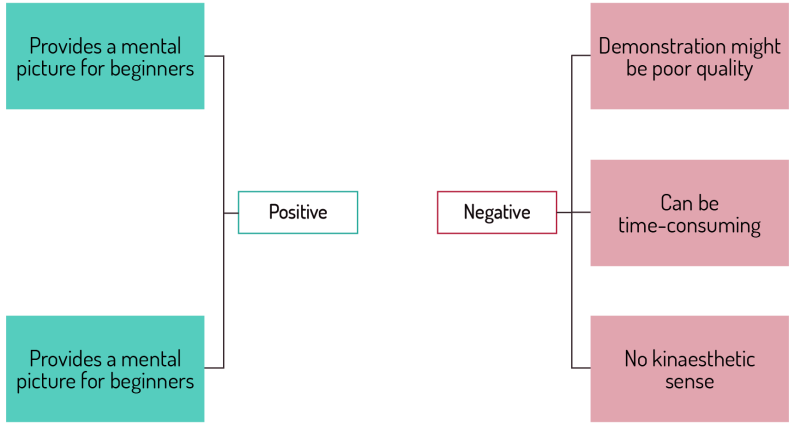


Video guidance

Wall chart

Demonstration

Mental picture



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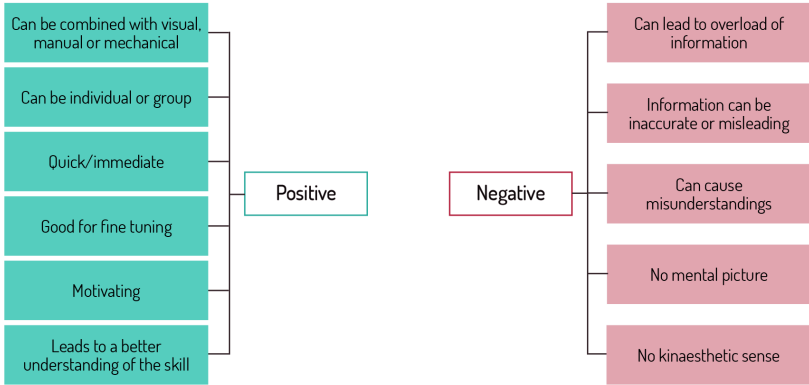
## Verbal guidance



Coaching points

Instructions

Often from a coach



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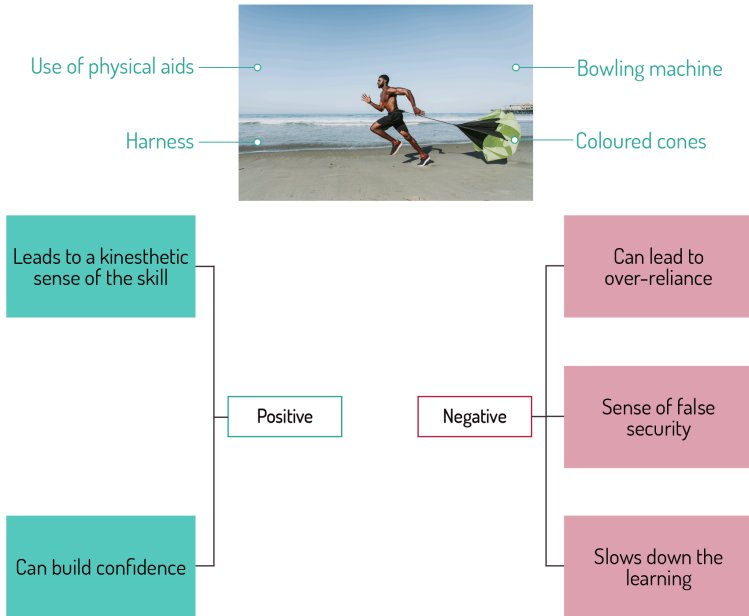
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## Mechanical guidance




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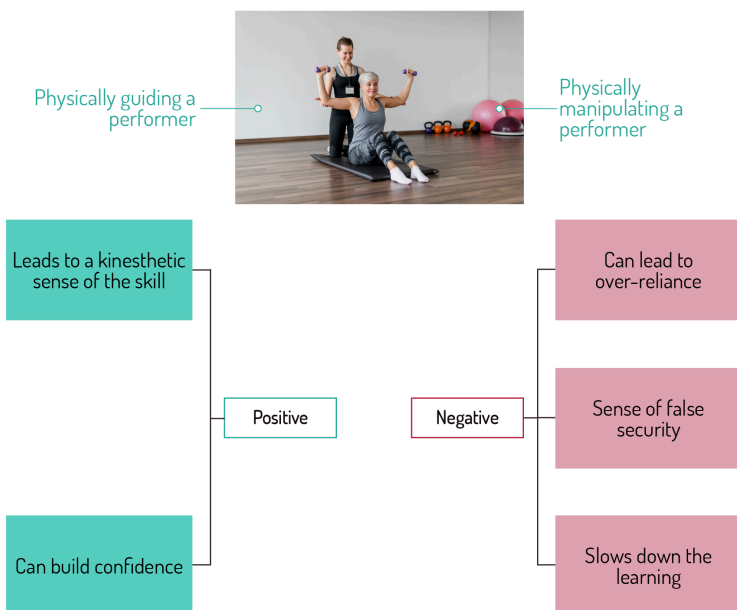
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## Manual guidance




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Type of guidance	Example	Advantage / Disadvantage	Beginners	Elite
Visual		Advantages		
		Disadvantages		
Verbal		Advantages		
		Disadvantages		
Manual		Advantages		
		Disadvantages		
Mechanical		Advantages		
		Disadvantages		



Want to know more?

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


# Topic 6: Types of feedback



## Feedback

- Feedback helps to correct errors in technique or improve performance.
- Feedback is used to reinforce the correct technique.

Types of feedback				
	Intrinsic	Extrinsic	Concurrent	Terminal
	<ul style="list-style-type: none"> <li>● Comes from the performer themselves</li> <li>● Feeling of the skill</li> </ul>	<ul style="list-style-type: none"> <li>● Information from an external source</li> <li>● Coach, team mates, parents</li> <li>● Instructions</li> <li>● Tactics</li> <li>● Praise/criticism</li> </ul>	<ul style="list-style-type: none"> <li>● Feedback whilst the performance takes place</li> </ul>	<ul style="list-style-type: none"> <li>● After the skill has been completed</li> </ul>
Positives	More suitable for experienced performers	Good for beginners	Skill can be adjusted	No time restriction
Negatives	Less suitable for novices	Less useful for advanced	Not possible for fast skills	Skill cannot be adapted as it has ended

Evaluate the importance of the different types of feedback for the athletes below:

Athlete	Type of feedback	Evaluation
 U-10 netball player	Intrinsic	U10 netballers may find it hard to use intrinsic feedback, as they do not have a full knowledge or kineasthesis of the skill. They may not recognise what they are doing right or what they need to change.
	Extrinsic	Whereas the advantage of extrinsic feedback is _____ _____ _____
	Terminal	_____ _____ _____
	Concurrent	_____ _____ _____

 <p>A junior gymnast learning to vault</p>	Intrinsic	<hr/> <hr/> <hr/> <hr/>
	Extrinsic	<hr/> <hr/> <hr/> <hr/>
	Terminal	<hr/> <hr/> <hr/> <hr/>
	Concurrent	<hr/> <hr/> <hr/> <hr/>
 <p>An elite handball player</p>	Intrinsic	<hr/> <hr/> <hr/> <hr/>
	Extrinsic	<hr/> <hr/> <hr/> <hr/>
	Terminal	<hr/> <hr/> <hr/> <hr/>
	Concurrent	<hr/> <hr/> <hr/> <hr/>

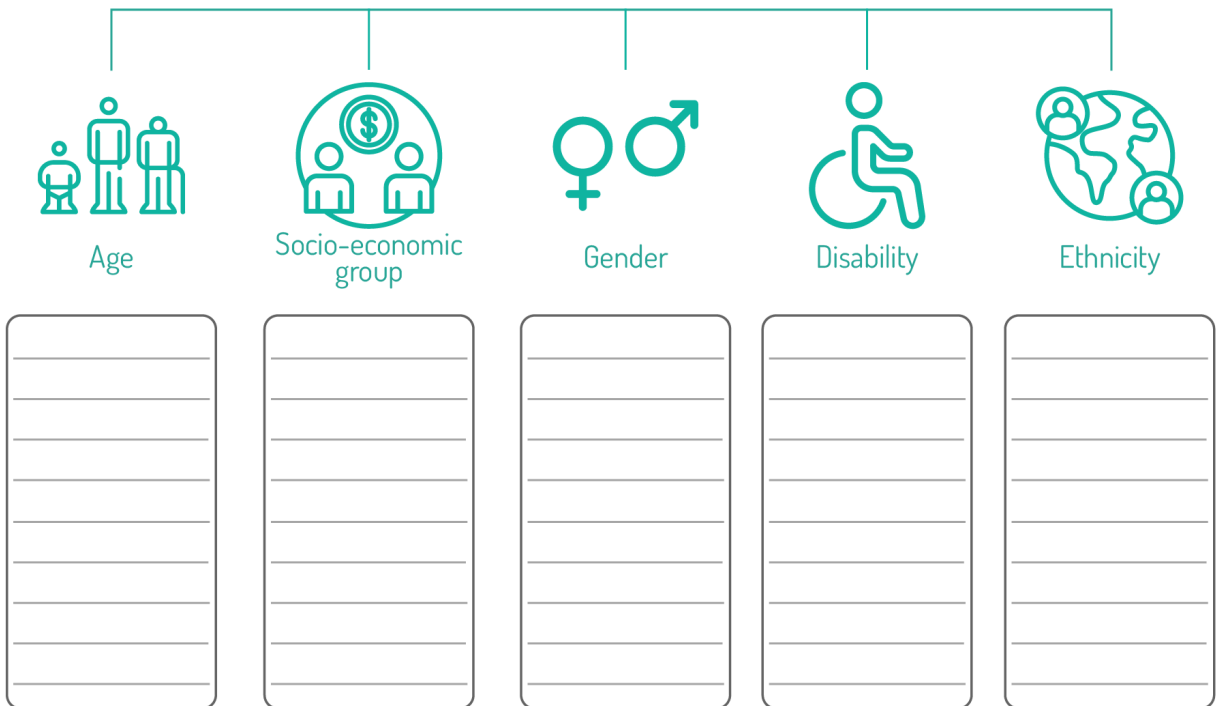


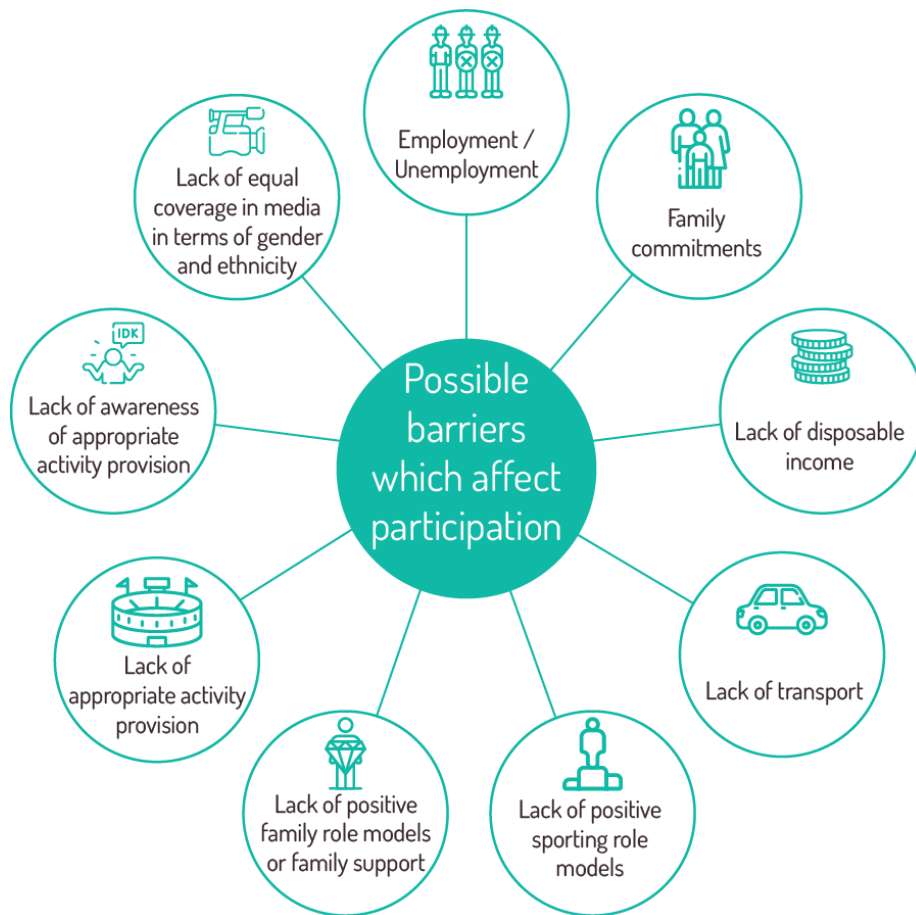
Want to know more?

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

## Topic 7: Participation rates

Factors affecting participation rates






Discuss how the following barriers could limit participation in sport for the athletes below:

Athlete	Possible barrier	Discuss
A young para-athlete planning to compete in para-shot put for TeamGB at the 2024 Paralympic games	Cost	<hr/> <hr/> <hr/>
	Access	<hr/> <hr/> <hr/>
	Role models	<hr/> <hr/> <hr/>
A young male ballerina wanting to go to The Royal Ballet School	Society	<hr/> <hr/> <hr/>
	Peers	<hr/> <hr/> <hr/>

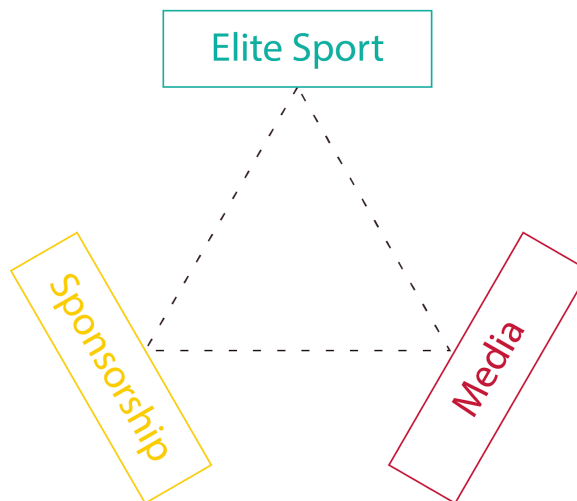


	Access	_____ _____ _____
The local U16 girls rugby team	Role models	_____ _____ _____
	Gender	_____ _____ _____
	Family	_____ _____ _____

 Want to know more? Watch the tutorials "Engagement patterns 1" and "Engagement patterns 2" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

## Topic 8: Commercialisation

### The Golden Triangle



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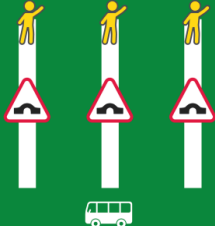
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**Explain**  
Why? How? What?

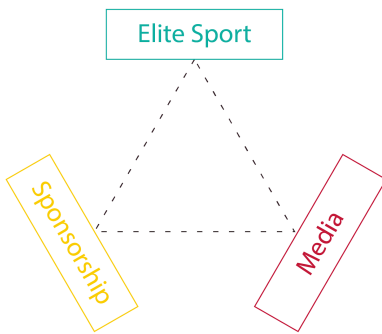


because  
through  
by  
Therefore,  
This means  
The reason for this

**Explain**

 <b>Topic</b> from the question	 <b>Skill language</b> from Roadmap	 <b>Content</b> from knowledge
What is the question asking about? In an 'Explain' question, you are being asked to explain <b>why</b> or <b>how</b> something You are likely to find a keyword or phrase in the question which can typically be extracted and used in your answer.	because through by via by a process of This means The reason for this is plus your own alternatives	So far, you have the beginnings of the sentence. You now have to use your knowledge to finish the answer and pick up all of the Marks.

The Golden Triangle



EXPLAIN one way in which media coverage increases participation levels in sport.

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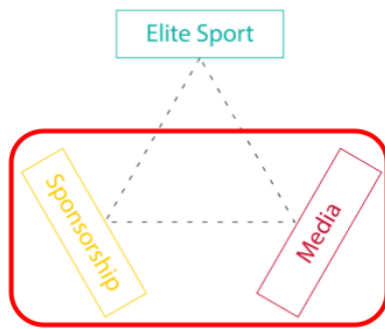
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### The Golden Triangle



EXPLAIN how media plays an important role in the sponsorship of players, teams and equipment/facilities.

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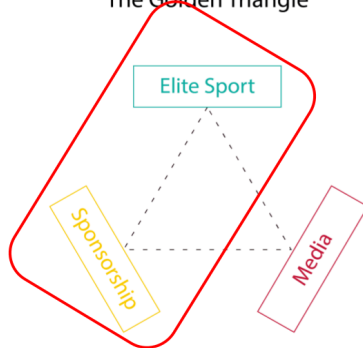
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### The Golden Triangle



EXPLAIN how media plays an important role in the sponsorship of players, teams and equipment/facilities.

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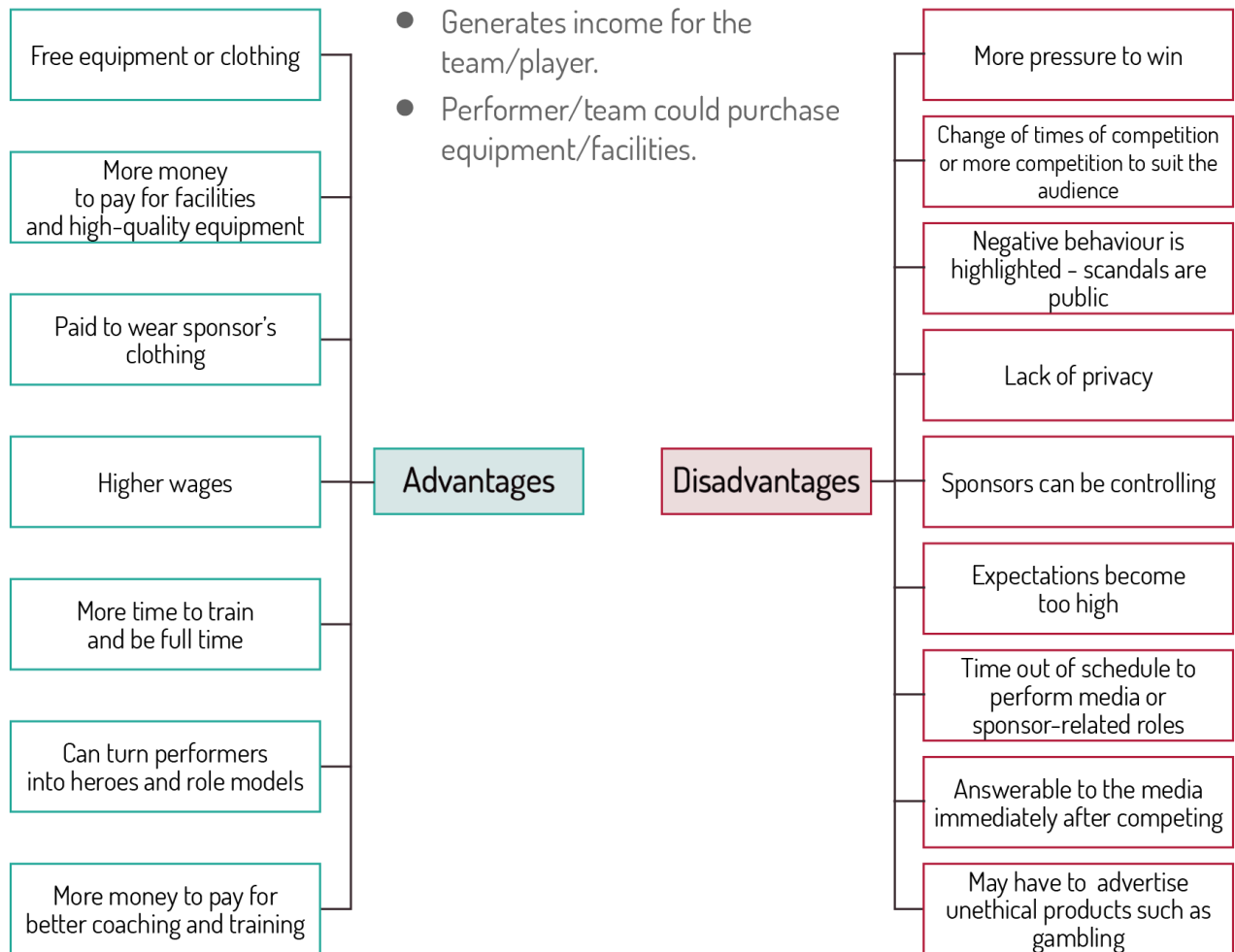


Want to know more?

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

# Topic 9: Advantages and disadvantages of commercialisation

## Impact of commercialisation on the player/team



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

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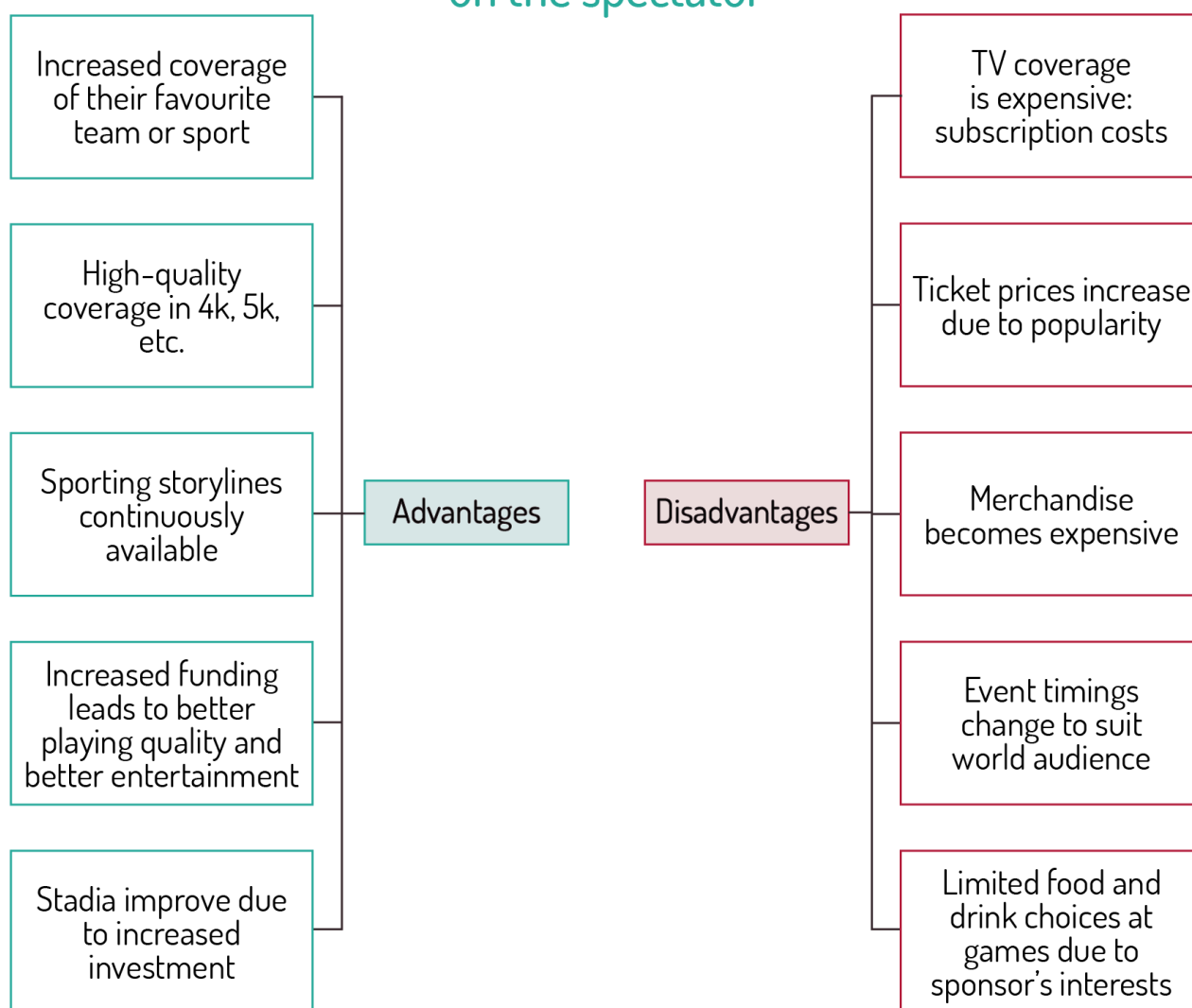
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## Impact of commercialisation on the spectator



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

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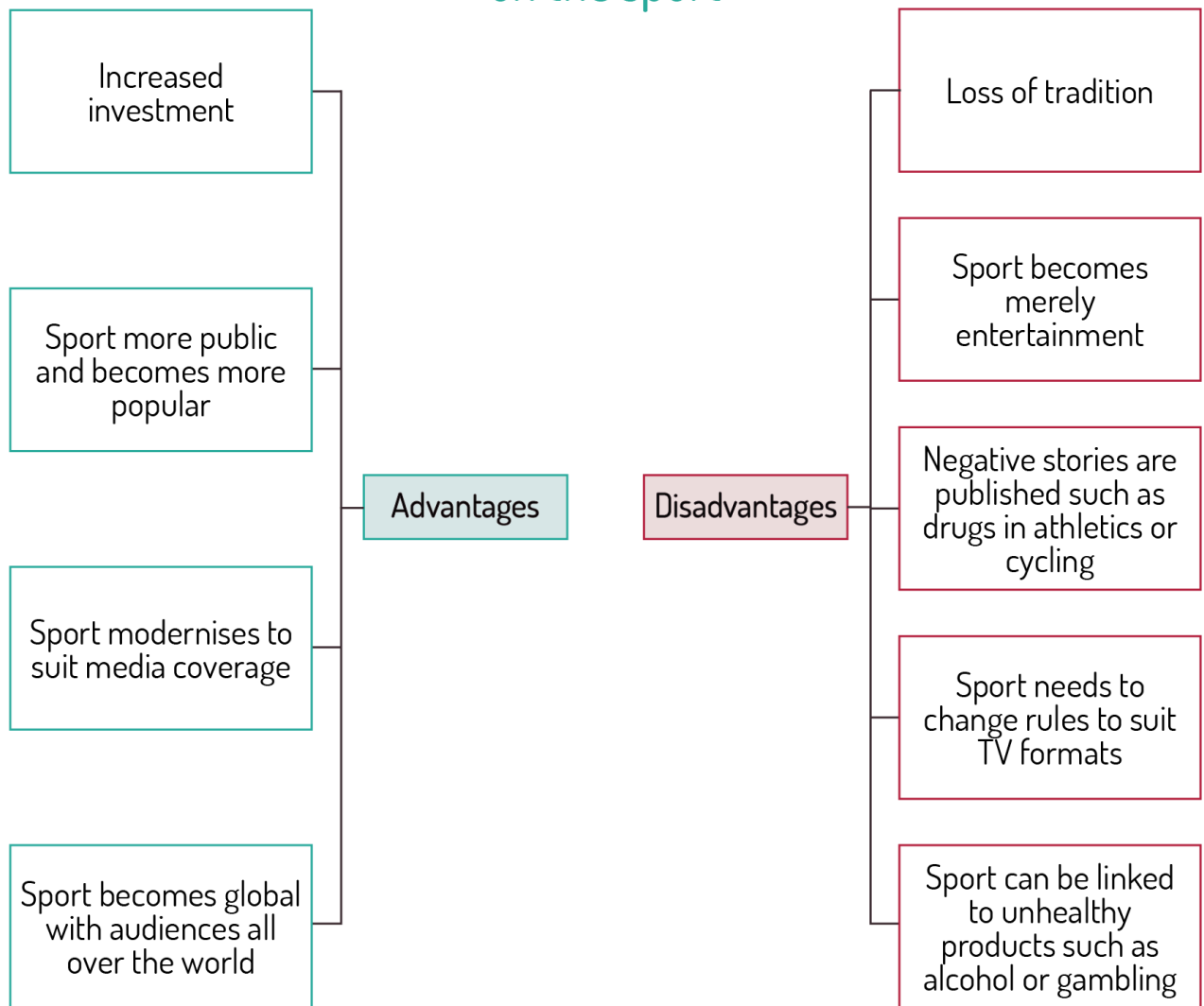
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## Impact of commercialisation on the sport



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

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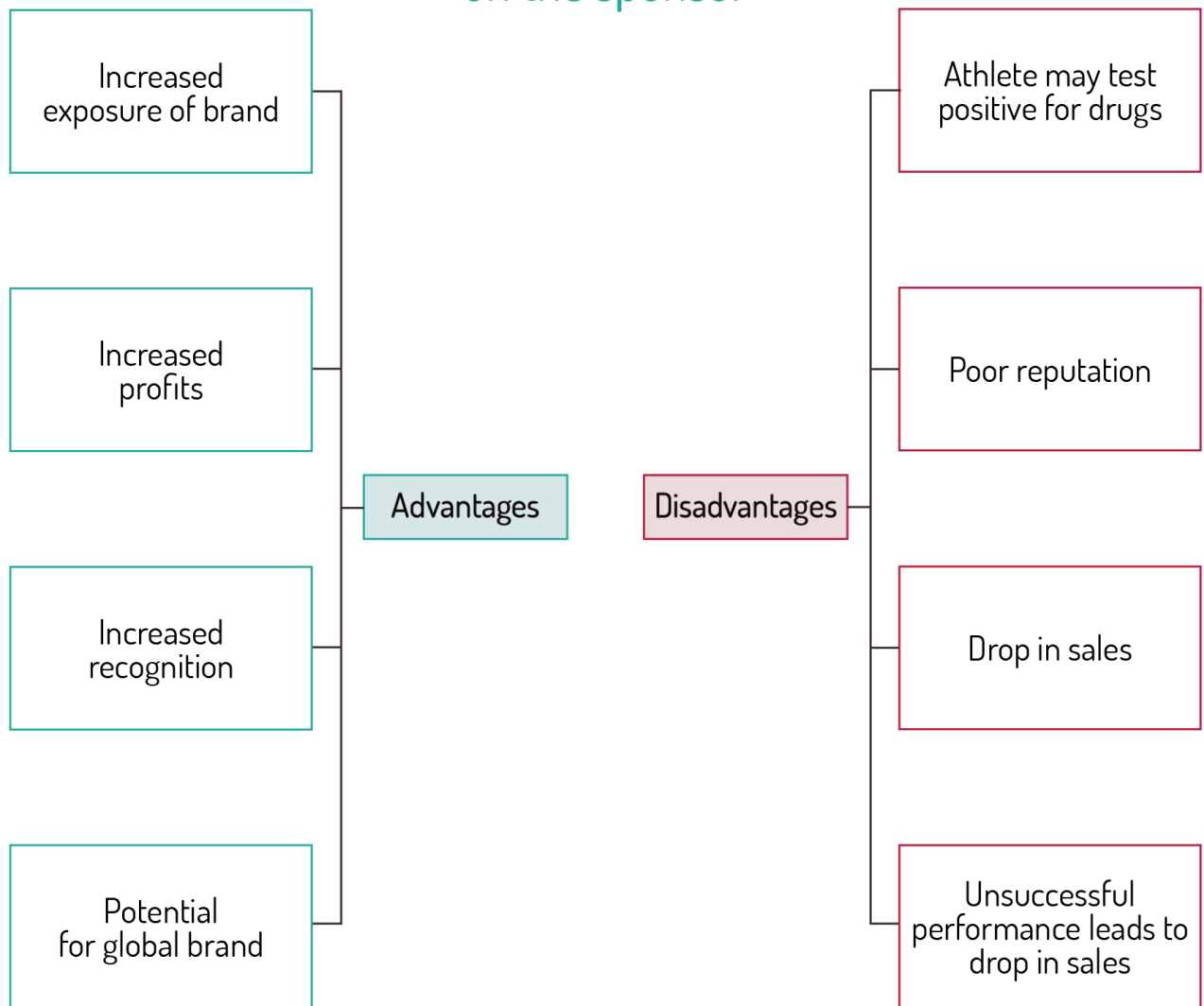
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## Impact of commercialisation on the sponsor



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

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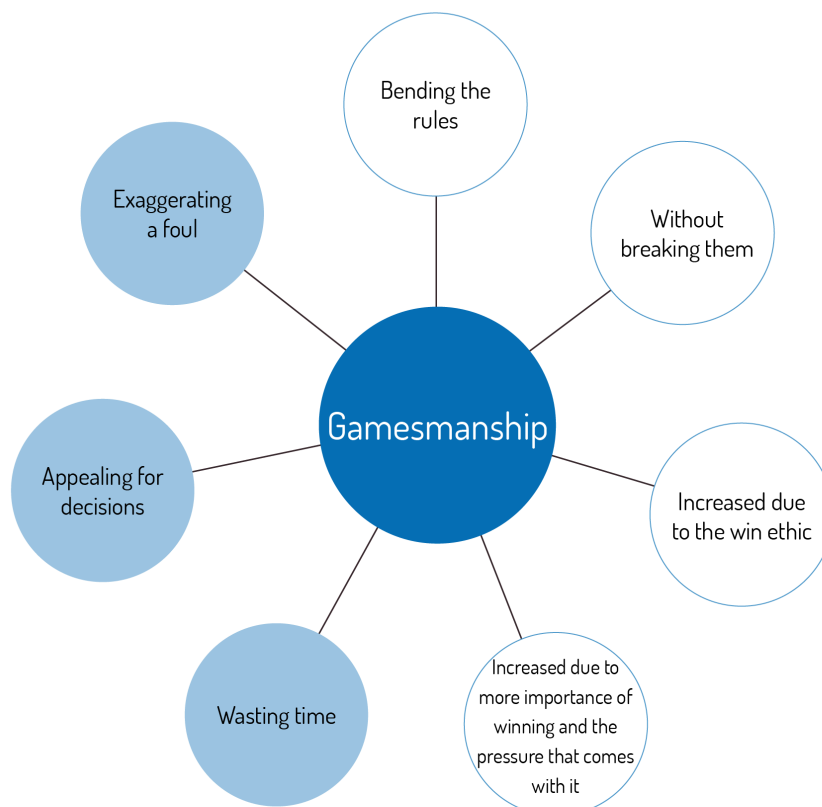
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Want to know more?

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

# Topic 10: The different types of sporting behaviour





Deviance		
Deviance	Reasons for deviance	Consequences of deviance
<ul style="list-style-type: none"> <li>● Performer cheats</li> <li>● Outside of the rules</li> <li>● Match fixing</li> <li>● Doping</li> <li>● Violence</li> <li>● Faking injury</li> <li>● *Overtraining (positive deviance)</li> </ul>	<ul style="list-style-type: none"> <li>● Win at all costs</li> <li>● Rewards/money/fame</li> <li>● Pressure from a coach</li> <li>● Culture of cheating (cycling in the 1990s and 2000s)</li> <li>● Frustration</li> <li>● Increase chances of winning</li> </ul>	<ul style="list-style-type: none"> <li>● Bans</li> <li>● Fines</li> <li>● Loss of sponsorship</li> <li>● Negative role model</li> <li>● Loss of reputation</li> <li>● Imprisonment</li> <li>● Loss of medals</li> </ul>

Sportsmanship:

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Sportsmanship:

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Gamesmanship:

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Gamesmanship:

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Deviance:

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Deviance:

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**Evaluate**  
Judge from both sides  
and reach a conclusion

**Conclusion**

A strength/weakness is  
An advantage/disadvantage is  
On the one hand.  
In contrast,  
, whereas  
Similarly,  
In conclusion,

**Evaluate**

**Topic/Content**  
from the question and knowledge

This is all about one side of the argument. It could be **positives, advantages or strengths**. You are looking at the topic from one perspective. You do not have to agree, but you do need to present a fully thought out argument.

Use language such as:  
A strength is  
An advantage is  
On the one hand

**Skill language**  
from Roadmap

In contrast,  
However,  
Despite that,  
Nevertheless,  
but  
, although  
, whereas  
plus your own alternatives

**Topic/Content**  
from the question and knowledge

This is all about the other side of the argument. It could be **negatives, disadvantages or weaknesses**. You are now looking at the topic from the opposite perspective. Again, you do not have to agree, but you do have to fully present this side of the argument.

Use language such as:  
A weakness is  
A disadvantage is  
On the other hand

	Reasons for	Consequences
Sportsmanship at elite level	_____ _____ _____	_____ _____ _____
Gamesmanship at grassroots level	_____ _____ _____	_____ _____ _____
Deviance at elite level	_____ _____ _____	_____ _____ _____

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