

Revision Series 2024

OCR 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

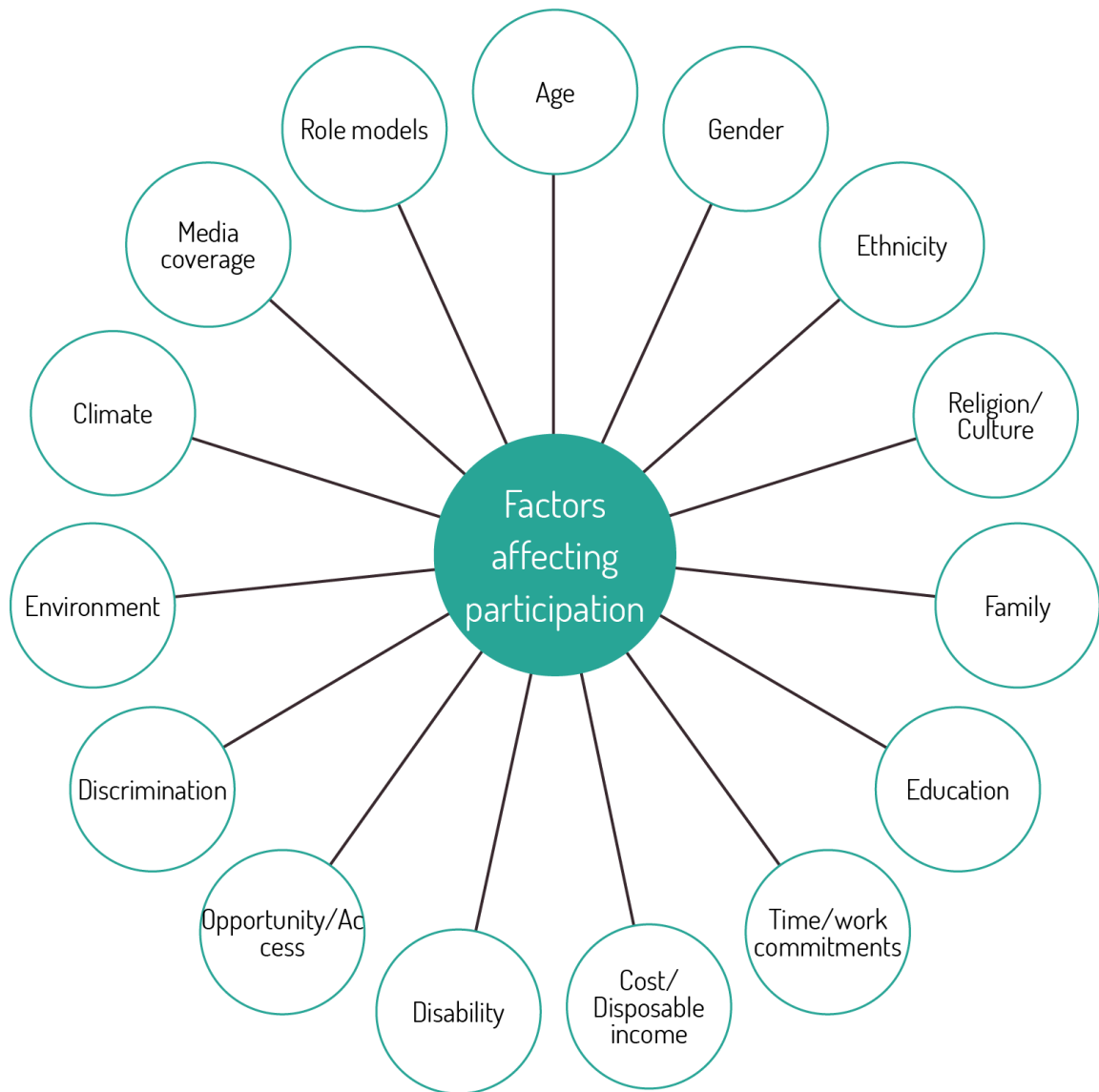
During the live show, we will cover...

Topic 1: Participation in physical activity and sport.....	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: Participation in physical activity and sport



Factors affecting participation - Age	Discrimination	_____
		“Too old” to take part
	Role models	Fewer elderly role models
	Opportunity/Access	Elderly may need help with transport
	Media coverage	_____
		Encourages elderly to be spectators only
	Family commitments	Working parents have less time due to families
	Time/work commitments	Working age have little time due to work
	Education	Many adults have not learned enough about movement for health and physical literacy
Cost/Disposable income	_____	
Disability	Few versions for the elderly	

Factors affecting participation - Gender	Discrimination	Male sport is dominant

		Traditional image of the “tomboy”
		Traditional image of the “sissy” for a non-aggressive, less physical male
	Role models	_____
	Opportunity/Access	Fewer female clubs in many sports
		Some female-only clubs or sessions at clubs

	Media coverage	Female sport coverage judged to be at 5% of male
Family	Females do more domestic chores	

	“Double shift”	
Time/Work commitments	_____	
Education	Females participate in different sports at school to males	
Cost/Disposable income	Females tend to have less disposable income	

Factors affecting participation - Ethnicity	Discrimination	Different cultural attitudes to the importance of sport _____ The “fast black athlete” _____
	Role models	Disproportionately fewer non-white role models in some roles _____ _____
	Religion/Culture	Fasting during Ramadan may affect participation _____ _____
	Family	Many Asian communities very focussed on family first

Factors affecting participation - Family	Attitudes	_____ Varies amongst friendship groups
	Role models	Fewer elderly role models _____ _____
	Sexism/Stereotyping	_____ _____

Factors affecting participation - Education	Attitudes	_____ _____
	Role models	Teacher role models _____ _____
	Accessibility	Varies for each school
	Sexism/Stereotyping	_____ _____
	Available leisure time	Might vary depending on the type of school - private, boarding, state
	Socioeconomic factors/Disposable income	_____ _____
	Adaptability/Inclusiveness	Relatively little in mainstream

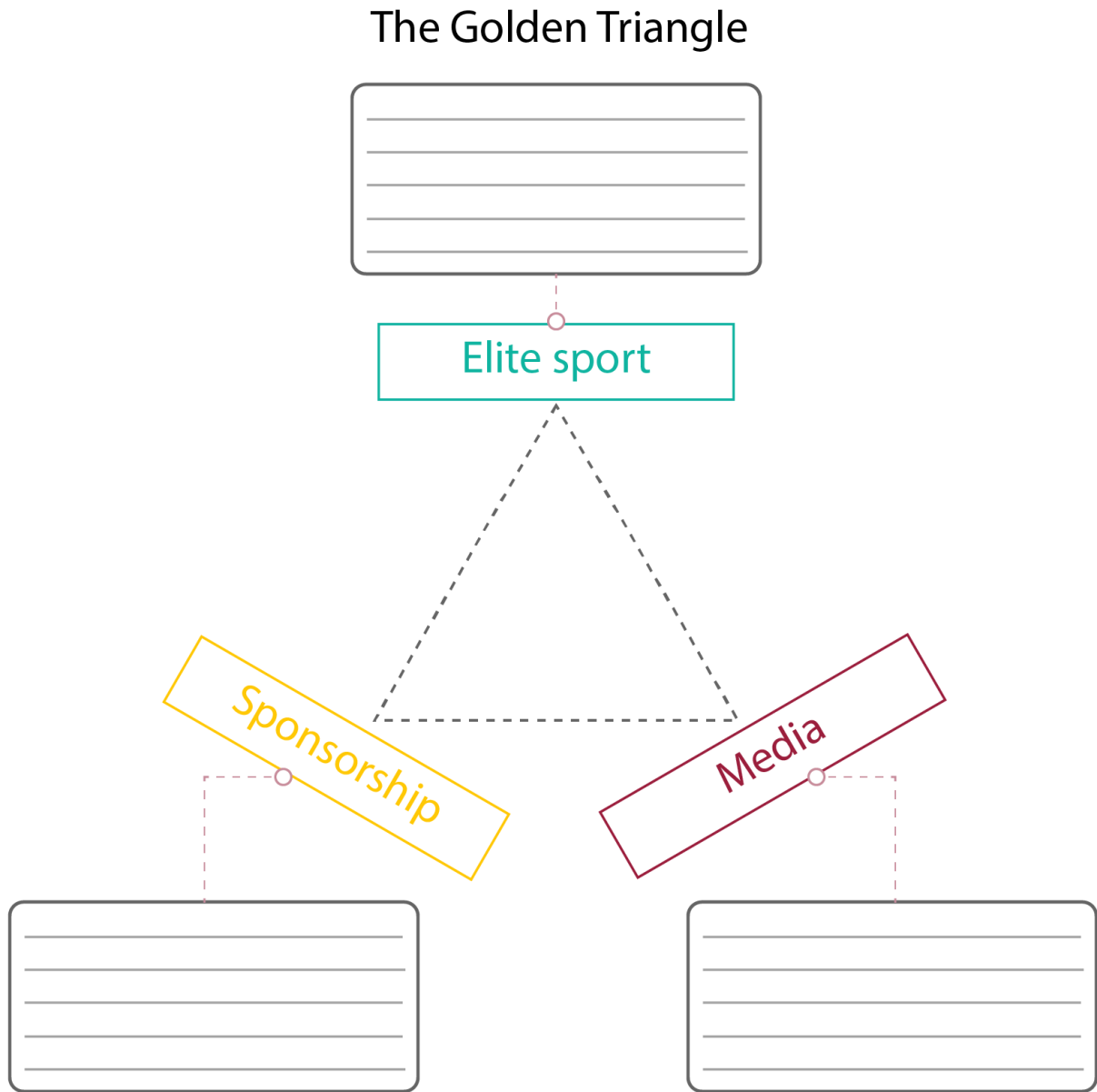


Want to know more?

Watch the FREE tutorials “Engagement patterns 1” and “Engagement patterns 2” on [TheEverLearner.com](https://www.theeverlearner.com)

Topic 2: Commercialisation of sport

Use the image below as a reference point and fill out examples of media, sponsorship and sport in the boxes provided.



Commercialisation is the influence of commerce on sport to make a profit.

The golden triangle is the commercial relationship between elite-level sport, sponsors and media companies.

Complete the table below:

	Negative effects	Positive effects
Sponsorship	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Media	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>



Want to know more? Watch the FREE tutorial "Media" on TheEverLearner.com

Topic 3: Ethics in sport

	Sportsmanship	Gamesmanship	Deviance
Examples	<ul style="list-style-type: none"> ● Kicking the ball out of play when a player is injured ● Clapping your opponent and shaking hands ● Batsman walking in cricket ● Not over-celebrating 	<ul style="list-style-type: none"> ● Exaggerating a foul ● Holding an opponent ● Moving the ball forward nearer the goal ● Distracting an opponent ● Delaying behaviour 	<ul style="list-style-type: none"> ● PEDs ● Violence ● Illegal gambling
Values	<ul style="list-style-type: none"> ● Fair play ● Respect for officials, teammates and opponents ● Respect for the sport ● Reduces the risk of injury ● Friendly play ● Promotes the sport and provides positive role models 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Reasons	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>To gain an advantage without breaking the rules</p>	<ul style="list-style-type: none"> ● To gain an unfair advantage ● Pressure/ expectation to win ● Enhance performance ● Because you are losing ● Financial reward ● Frustration with an official ● Retaliation ● Copying others ● Result of taking drugs - roid rage.

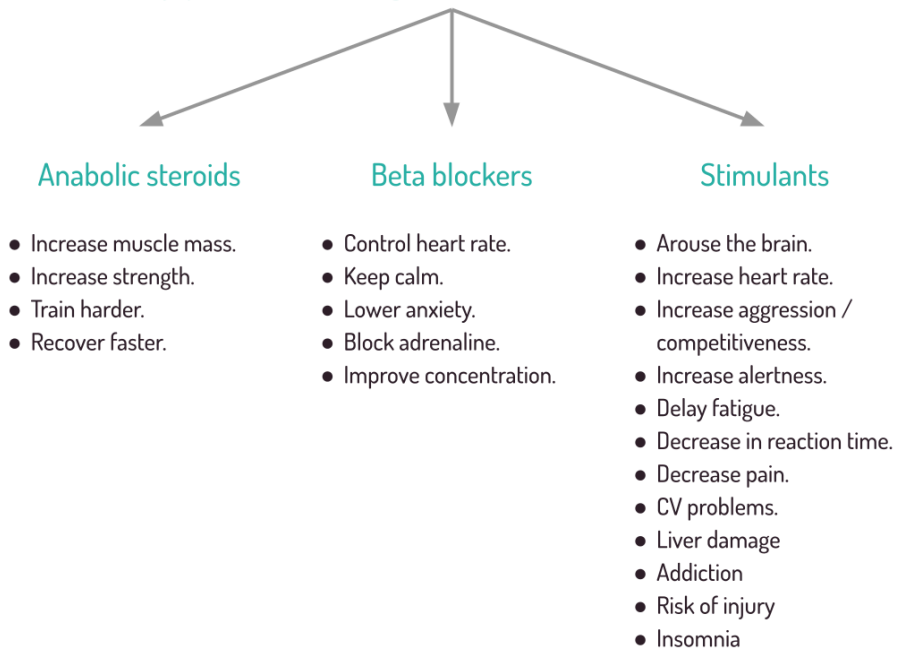


Want to know more?

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

Topic 4: Drugs in sport

Types of drugs and their effects



Advantages and disadvantages to the performer of taking PEDs

Advantages

- _____
- _____
- _____
- _____
- _____

Disadvantages

- _____
- _____
- _____
- _____
- _____

Disadvantages to the **sport** of performers taking PEDs

Disadvantages

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Want to know more?

Watch the tutorial "Performance-enhancing drugs" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 5: Violence in sport



28. Explain reasons why an elite rugby player may become violent during a match.

An elite rugby player may become violent due to the pressure of winning. This pressure can build up and lead to spontaneous acts of violence. Rugby is a contact sport, which increases the chances of violent acts compared to non-contact sports. The player may also become violent due to frustration from poor officiating, leading to not playing to the rules and using violence to overcome their opponents. Lastly, the player may retaliate after an opposing player has been violent towards them.

Marks: **[4]**



Want to know more?

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

Topic 6: Classification of skills



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 - Vault in gymnastics



Justify the placement of each skill on each continuum:

Skill	Basic/Complex	Open/Closed
1	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
2	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
3	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
4	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

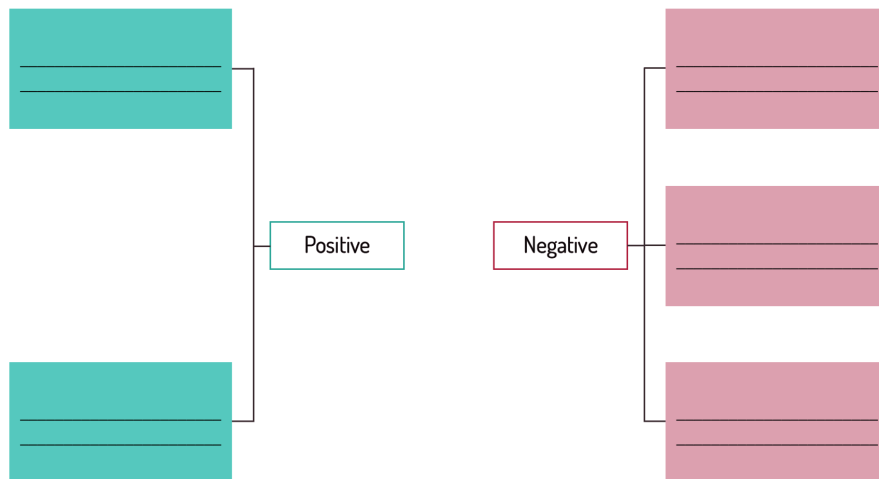


Want to know more?

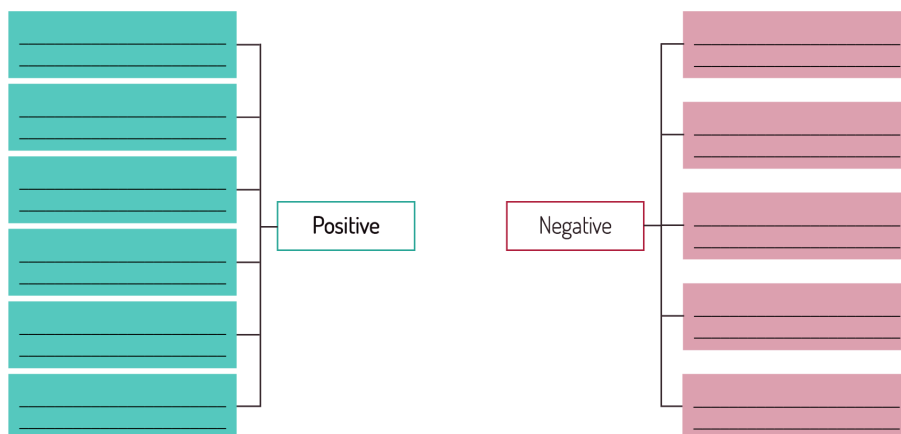
Watch the tutorial "Classification of skill" on TheEverLearner.com (subscribers only).

Topic 7: Types of guidance

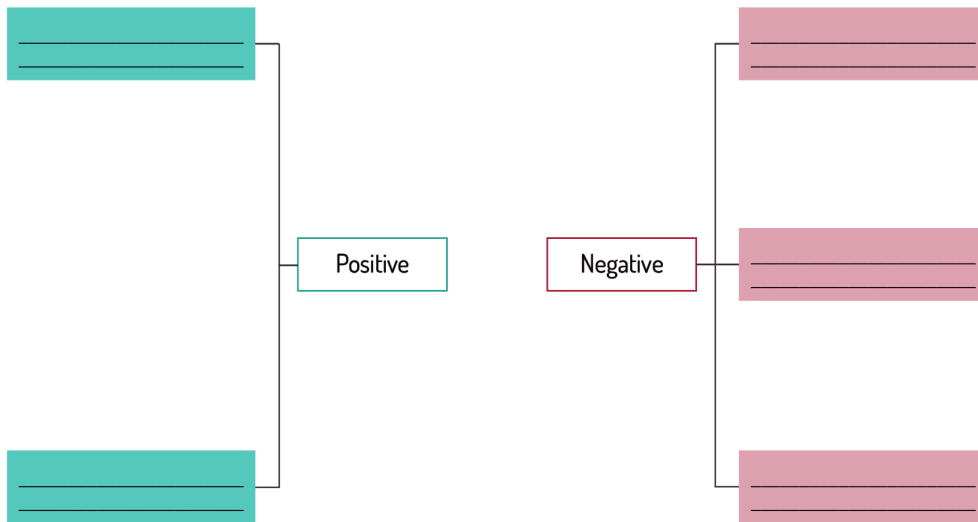
Visual guidance



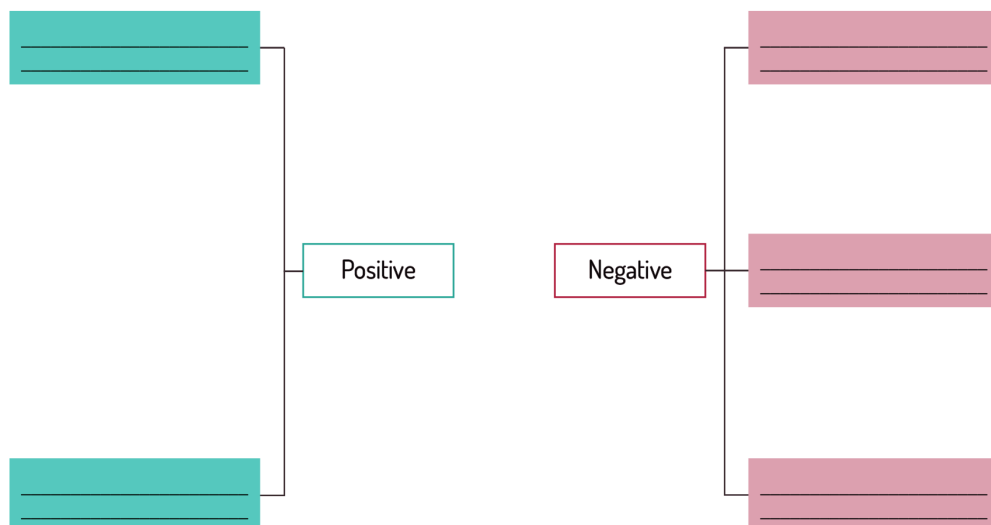
Verbal guidance



Mechanical guidance



Manual 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...)
Little children learning badminton via a demo		<hr/> <hr/> <hr/> <hr/>
England rugby team scrum practice		<hr/> <hr/> <hr/> <hr/>
Large elite squad training being given instructions		<hr/> <hr/> <hr/> <hr/>
Gymnastics support a handspring (manually)		<hr/> <hr/> <hr/> <hr/>



Want to know more?

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

Topic 8: Types of feedback

Types of feedback					
Intrinsic	Extrinsic	Knowledge of performance	Knowledge of results	Positive feedback	Negative feedback
<ul style="list-style-type: none">• From within the performer• Kinaesthetic sense• Sense of balance• Feeling of performance	<ul style="list-style-type: none">• From beyond the performer• From a coach• From the environment• From a teammate• From an outcome	<ul style="list-style-type: none">• Information on technique• Information on tactics• Information on how successfully a skill has been performed• How well they have played	<ul style="list-style-type: none">• Terminal feedback about the outcome• Knowing the score• Knowing the result	<ul style="list-style-type: none">• Praise• Encouragement• Leads to better technique• Leads to behaviour repetition	<ul style="list-style-type: none">• Information about an unsuccessful performance• Information about weaknesses• Losing final score• Critical information• Can lower confidence• Important for elite athletes

Describe the difference between knowledge of performance and knowledge of results for a basketball player. (2)

Describe the difference between intrinsic and extrinsic feedback for a gymnast performing a floor routine. (2)

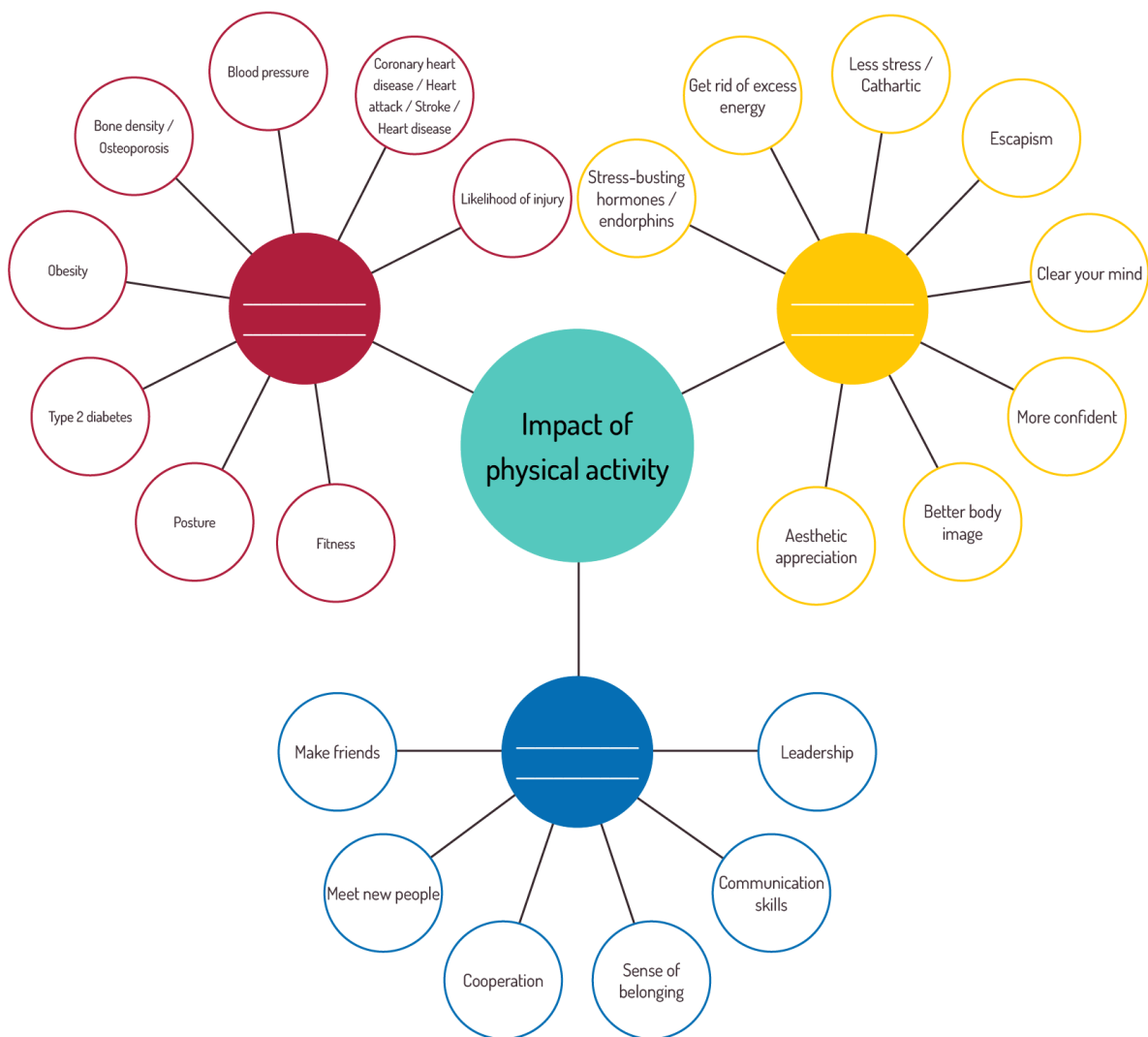


Want to know more?

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

Topic 9: Health, fitness and well-being

Definitions of health and fitness	
Health	Fitness
<ul style="list-style-type: none"> • A state of complete physical mental/emotional and social wellbeing • Free from illness or injury 	<ul style="list-style-type: none"> • A person's capacity to carry out activity without getting tired • What your body is capable of in sport • Being able to cope with the demands of everyday life



Type of well-being	Explanation 1	Explanation 2
Physical well-being	Regular physical activity can reduce the chances of injury. This is partly due to an increase in the strength and pliability of ligaments and tendons. Less injuries will result in the participant being able to train regularly and see rapid improvements in their performance.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Emotional well-being	Taking part in physical activity can help to reduce stress. This is particularly beneficial for people who work in stressful jobs, as it allows them to 'switch off' from their working environment and take part in something they perceive as positive.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Social well-being	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



Want to know more?

Watch the tutorials "Health and well-being" and "Health, fitness and well-being" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 10: Diet and nutrition

Components of a balanced diet	
Carbohydrates	<ul style="list-style-type: none"> • _____ • _____ • _____ • _____
_____	<ul style="list-style-type: none"> • Growth • Repair • Adaptations • Broken down into amino acids • 15% of diet
_____	<ul style="list-style-type: none"> • Lipids • Source of energy • Stored as subcutaneous fat • High energy yield but slow to breakdown • Insulation • Protection • Formation of cells • 20-30% of balanced diet
_____	<ul style="list-style-type: none"> • Efficient body functions • Oxygen transport (iron) • Muscle contraction (phosphorous) • Bone strength (calcium)
Vitamins	<ul style="list-style-type: none"> • _____ • _____ • _____
Fibre	<ul style="list-style-type: none"> • _____ • _____
_____	<ul style="list-style-type: none"> • Hydration • Maintain blood plasma levels • Sweating/Cooling • Cell function



Want to know more?

Watch the tutorials "Diet" and "Healthy diet" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).