



Revision 2025

AQA GCSE PE Paper 2 Student Notes

spotlight session

Recommended



**Before the revision
session**

Complete the 2025
National Mock Exam

Essential



**During the revision
session**

Complete the notes

Recommended



**After the revision
session**

Review with your
teacher



The EverLearner

Hot Topic 9: Health and well-being

16. Describe **three** positive effects of taking part in sport on a performer's **physical** health and well-being.

- 1: _____

2: _____

3: _____

Marks: **[3]**

Questions can expect you to have AO1 knowledge of physical, social and mental health and well-being.

BUT...

You need to look out for 'Explain' questions, which need you to take things further and talk about the impact on participation.

1 0 . 3 Explain **two** ways that good mental health helps to improve performance in sport.

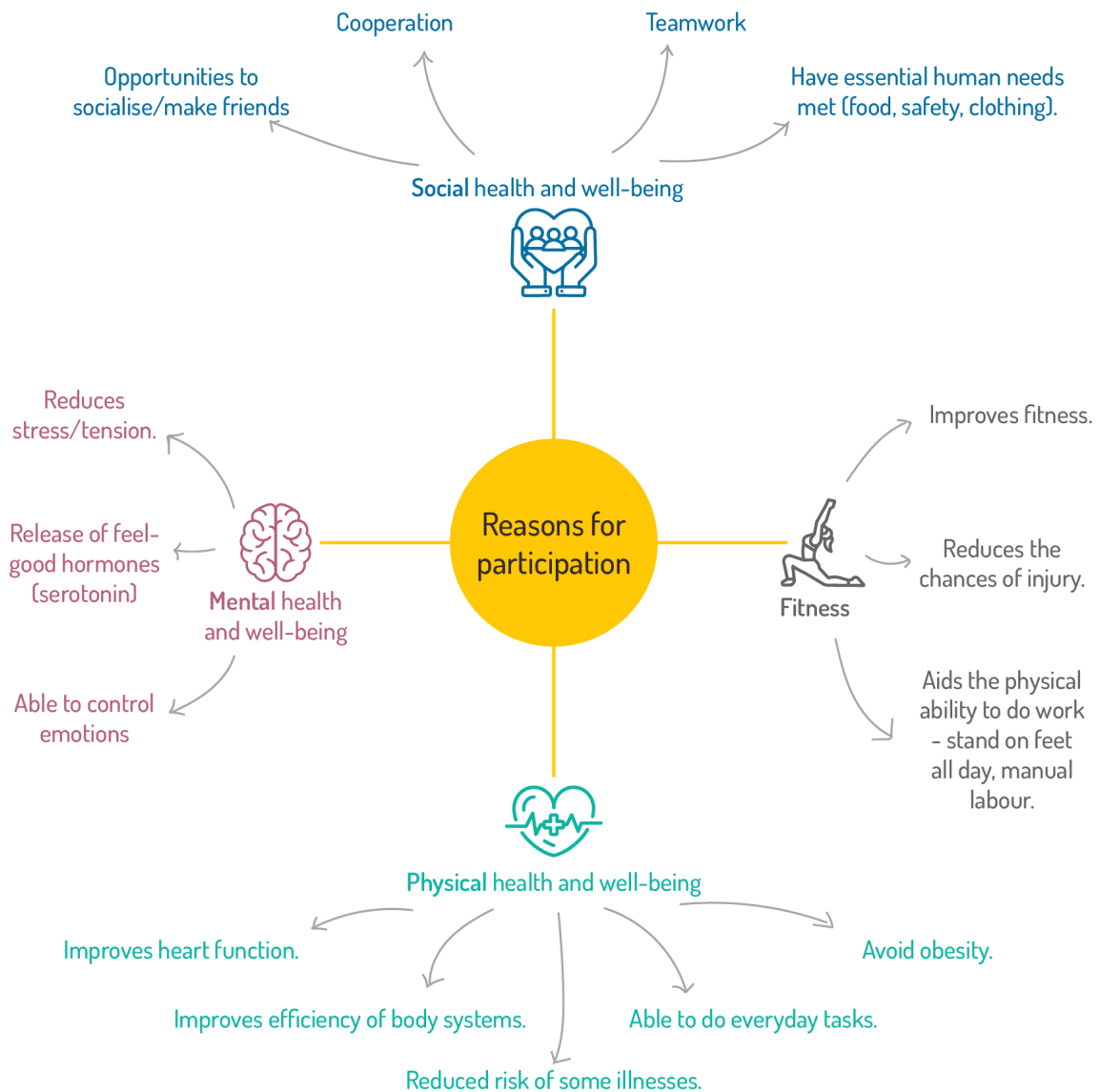
[4 marks]

- 1 *Having reduced tension and stress* _____

2 *Managing emotions effectively* _____

When you get an 'Explain' command, you MUST link this to the impact on participation/performance.





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Hot Topic 7: Hooliganism

19. State **three** reasons for hooliganism at sports events.

1: _____

2: _____

3: _____

Marks: [3]

20. Suggest **three** strategies that could be used to combat hooliganism.

1: _____

2: _____

3: _____

Marks: [3]

DID YOU KNOW



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But questions can get much more challenging on this topic. Notice that in the question below, giving strategies is not enough. We need to give the strengths and weaknesses of the strategies.

1 2

Hooliganism is often associated with the game of football.

Evaluate the effectiveness of strategies that are being used to combat hooliganism at football matches.

[6 marks]

Highlight the areas of the answer that are A01, A02 and A03 based on this key:

A01

A02

A03

Paragraph 1:

Some of the strategies for combatting hooliganism are the segregation of fans, the restriction of alcohol and the use of early kick-offs.

Paragraph 2:

Rival fans are kept apart on the way to the ground and also within, so violence becomes far less likely. Alcohol bans within stadia mean that less drunkenness will occur and drunkenness is associated with rowdy and disinhibited behaviour. This will help prevent hooliganism. Early kick-offs can limit the amount of drinking time fans have prior to the match. If fans have a pre-match cappuccino rather than a pint and whisky chaser, violence is less likely.

Paragraph 3:

Fan segregation has been effective in general but rival fans can still acquire tickets to the “other end” and also, the additional cost of stewardship and policing for the club is enormous. Alcohol bans have been effective when it comes to local pubs and the stadium itself, but fans continue to drink away from these venues so the impact is limited. Early kick-offs have been effective but one could argue that fans might tend to drink the same amount but faster due to the lack of time.

In conclusion, anti-hooliganism strategies have been effective but there is a danger of unintended consequences such as binge drinking at home or even pushing match-based violence into other areas such as the town centre.

Now take a fourth strategy, such as all-seater stadia, and add points to each paragraph.

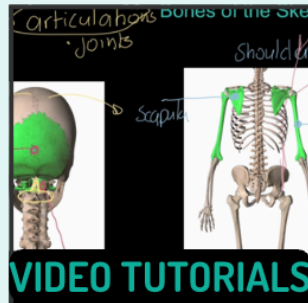


Remember, this topic could come up as a 6-mark or 9-mark extended-writing question. Make sure you are prepared by using our 6-mark and 9-mark question-answering structure sheets.

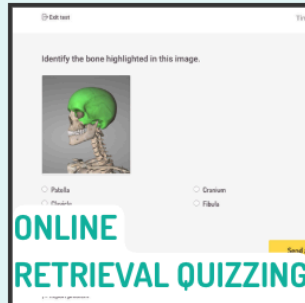




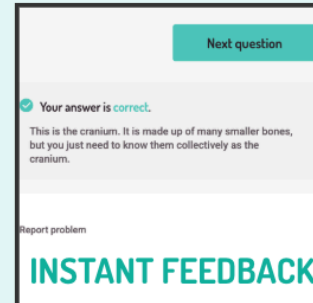
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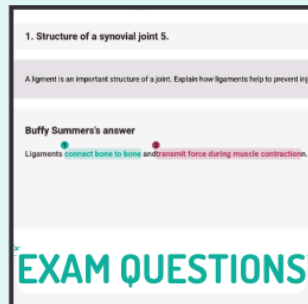
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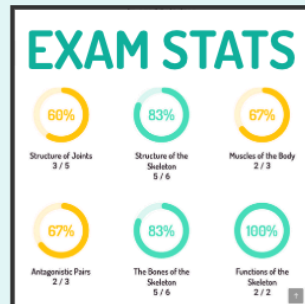
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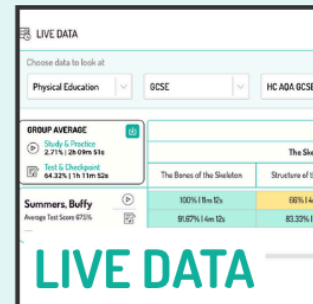
INSTANT FEEDBACK



EXAM QUESTIONS



EXAM STATS



LIVE DATA

Hot Topic 6: Information processing

1. Which **one** of these is the correct order of the basic information processing model?

- A Input → Decision-making → Feedback → Output
- B Input → Decision-making → Output → Feedback
- C Decision-making → Input → Feedback → Output
- D Decision-making → Input → Output → Feedback



14. Using a sporting example from a games activity, explain each stage of the information processing model. *Tennis return*

Input: _____ on the ball
as it is served.

Decision-making: *Receiver interprets the information, ignores some of it, and decides to* _____.

Output: _____ of the legs and arms to move right and block the serve.

Feedback: *The feeling of the* _____
and knowing whether or not the _____.

Marks: [4]

AQA could make a question like this a 6-marker. How would they do it?

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