



# Revision 2025

## CIE AS PE 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: Motor programmes

10. Describe the nature of motor programmes.

*Motor programmes are \_\_\_\_\_ stored in  
the long-term memory and are \_\_\_\_\_ that must be  
\_\_\_\_\_.*

Marks: **[3]**

Focus on 'Explain' command word as per the spec request.



Breathing .....

Arm action .....

Trunk position .....

Leg action .....

- A motor programme is made up of subroutines. This is a generalised series of movements.
- These movements must be stimulated by nerve impulses in order to contract muscles.
- These contractions must occur in the correct order.



Preparation .....

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Execution .....

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Recovery .....

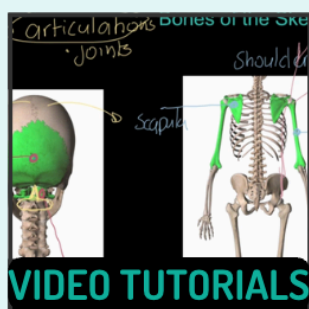
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Overall efficiency .....

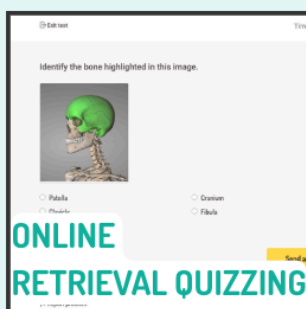
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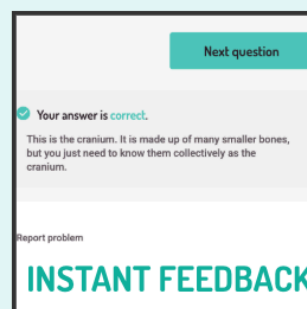
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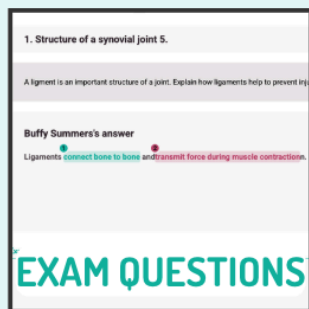
**VIDEO TUTORIALS**



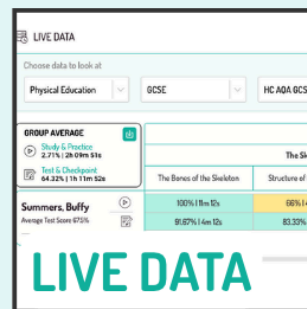
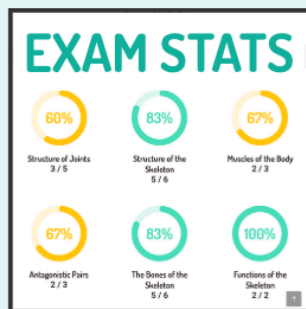
**ONLINE  
RETRIEVAL QUIZZING**



**INSTANT FEEDBACK**



**EXAM QUESTIONS**



**LIVE DATA**



## Hot Topic 5: Violence

A simple topic that becomes complex because we need to read the question precisely and then answer that precise question:

Causes of violence	by a	Performer
		Spectator
Consequences of violence	to the	Performer
		Sport
		Society
Strategies to prevent violence	by a	Performer
		Spectator

**20.** A rugby player throws an uppercut punch during a scrummage. Explain the consequences of violence for the performer **and** the sport.

The player may be \_\_\_\_\_. This can lead to loss of \_\_\_\_\_ and a \_\_\_\_\_ for that player. The sport could develop a \_\_\_\_\_ and they may have to \_\_\_\_\_.

Marks: **[4]**

What if the question above was about the possible causes of a rugby player acting violently? How would our answer change? Use the image below the question to format an answer.



**20.** A rugby player throws an uppercut punch during a scrummage.  
Outline the possible causes of this violence.

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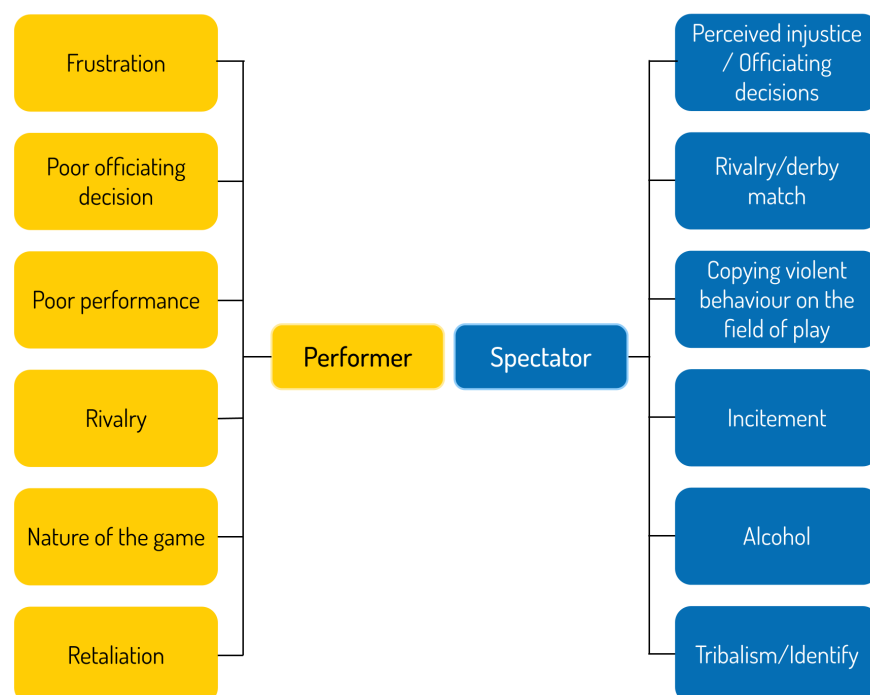
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Marks: **[4]**

### Causes of violence



What could be the strategies to prevent violence? Complete this table:

Strategies to prevent violence	Performers	Harsh punishments
		Citing systems
		Promote non-aggressive role models
	Spectator	Initiatives and campaigns
		Better policing
		All-seater stadia
		Promotion of family atmosphere



## DID YOU KNOW

**With a paid school subscription, students have access to:**

- video tutorials covering the whole spec
- all online quizzing on every topic
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- all 10 Hot Topics
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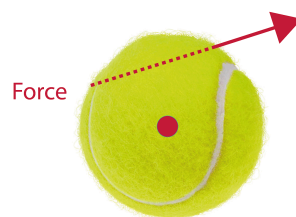
## 🔥 Hot Topic 2: Angular motion 🔥

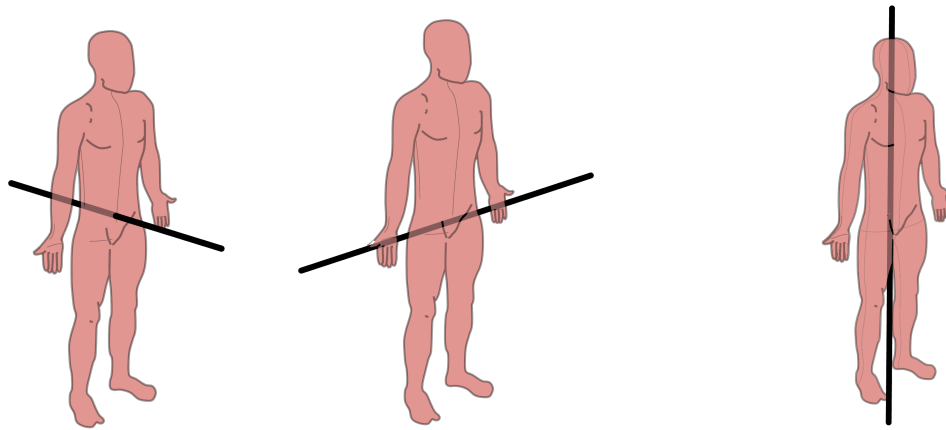
9. Using a sporting example, describe the conservation of angular momentum.

The angular momentum of a skater performing a spin is \_\_\_\_\_ according to Newton's first analogue. The skater can \_\_\_\_\_ . At the start of the spin, the \_\_\_\_\_ and then, during the spin, \_\_\_\_\_ and increase angular velocity inversely. Finally, at the time for landing, they \_\_\_\_\_ which slows their spinning speed down in order to land safely.

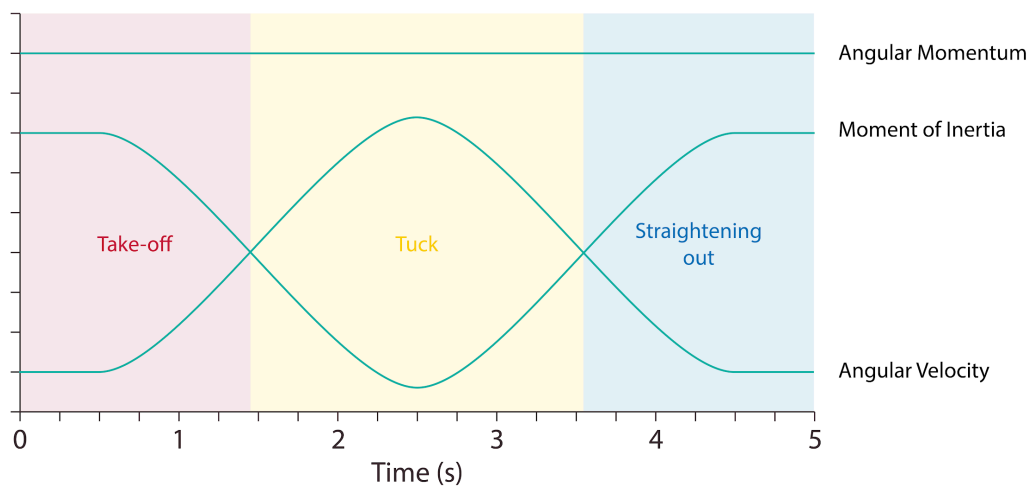
Marks: **[4]**

Definitions and units of angular motion	
Angular momentum	Quantity of rotation a body possesses
	Moment of inertia x Angular velocity
Angular velocity	Rate of rotational motion around an axis of rotation
	$\frac{\text{Angular momentum}}{\text{Moment of inertia}}$
	rads/s
Angular acceleration	Change of rate of angular velocity
	$\frac{\text{Final angular velocity} - \text{Initial angular velocity}}{\text{Time}}$
	rads/s/s or rads/s <sup>2</sup>





Angular Momentum



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

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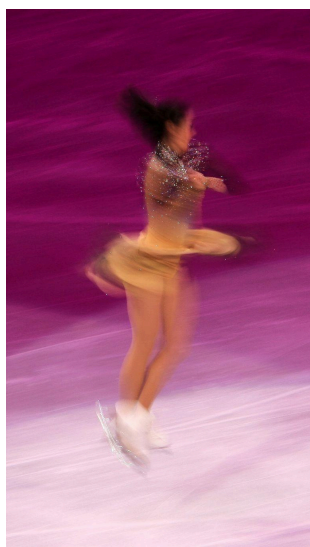
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Stage	Action	Impact
Prior to take-off		Potential angular velocity in flight will be maximised.
During flight	Reduce moment of inertia by tucking as tightly as possible.	
Prior to entry		Control the rotation in order to enter the water as straight as possible.



Stage	Action	Impact
Prior to take-off		Potential angular velocity in flight will be maximised.
During flight	Reduce the moment of inertia by crossing arms and feet as tightly as possible.	
Prior to entry		Control the rotation in order to land without falling.



FOR STUDENTS



WANT  
MORE?

FOR TEACHERS

