



# Revision 2025

## Edexcel 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: Micronutrients

You may recognise this question from our mock exam...

7. Explain the importance of the following dietary requirements for a rugby player:

(i) Fats

(ii) Minerals

(iii) Water

Fats: \_\_\_\_\_

\_\_\_\_\_

Minerals: \_\_\_\_\_

\_\_\_\_\_

Water: \_\_\_\_\_

... but what if we broke it down even further... could you still answer it?

7. Explain the importance of the following dietary requirements for a rugby player:

(i) Fats

(ii) Minerals

Vitamins: \_\_\_\_\_

\_\_\_\_\_

Minerals: \_\_\_\_\_

\_\_\_\_\_

Or even further? Let's work it through together.

7. Explain the importance of the following dietary requirements for a rugby player:

(i) Iron:

(ii) Calcium:

(iii) Zinc:

Iron: \_\_\_\_\_

\_\_\_\_\_

Calcium: \_\_\_\_\_

\_\_\_\_\_

Zinc: \_\_\_\_\_

\_\_\_\_\_



Finally, could you complete this question if it focused solely on vitamins?

7. Explain the importance of the following dietary requirements for a rugby player:

(i) Vitamin B:

(ii) Vitamin C:

(iii) Vitamin D:

Vitamin B: \_\_\_\_\_

\_\_\_\_\_

Vitamin C: \_\_\_\_\_

\_\_\_\_\_

Vitamin D: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## DID YOU KNOW



**With a paid school subscription,  
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## Hot Topic 6: Ethics

Find the errors in the table below and correct them, giving as much detail as possible :

<p>Gamesmanship and deviance are the same.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>An example of sportsmanship is shaking hands after a game.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Punishments need to be more lenient in order to deter cheats.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Sport and performers' reputations can be improved through negative behaviour and deviance on the pitch.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>An example of gamesmanship is time-wasting.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>The qualities of gamesmanship are being gracious in victory and respecting the opposition.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Taking performance-enhancing drugs is an example of deviance.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Participation levels can increase if athletes feel that the only way they can win is by taking PEDs. Participation levels can decrease if athletes feel the only way they can win is by taking PEDs, as parents may not encourage their children to take part in that sport due to its reputation.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Performers are role models and need to set a good example. Their behaviour will not be copied and can increase deviance at grassroots level.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

With the above information in mind, let's answer some key questions on this topic:

**22.** Describe the difference between gamesmanship and deviance.

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Marks: **[2]**



**22a.** Describe, using examples from football, the difference between sportsmanship and gamesmanship.

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Marks: **[4]**

Could you complete this question if you had to give examples from a different sport?



Gamesmanship

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Sportsmanship

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Deviance

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Below are some more examples of questions that will get you thinking a bit deeper about this hot topic. Let's work through them together:

**22b.** Explain the importance of the FA's fair play principles.

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Marks: **[2]**



**22c.** Explain why sportsmanship is important for grassroots sport.

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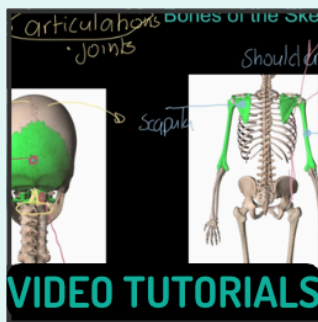
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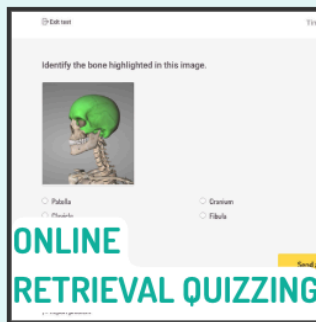
Marks: [2]



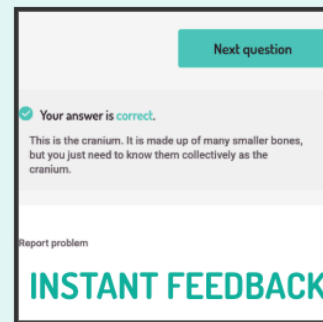
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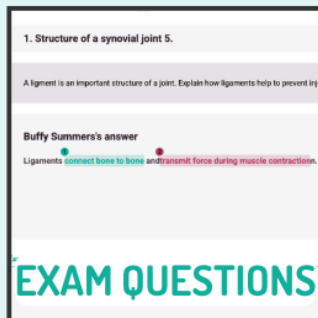
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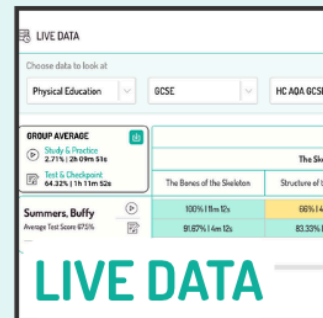
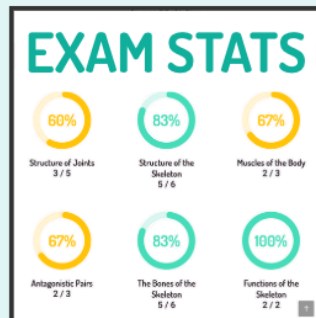
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**INSTANT FEEDBACK**



**EXAM QUESTIONS**



**LIVE DATA**



## 🔥🔥 Hot Topic 2: Classification of skill 🔥🔥

**13.** Complete the table by classifying a badminton net shot as either:

- (i) Open or closed
- (ii) Basic or complex
- (iii) Low or high organisation



Skill continua	Badminton net shot
i) Open or closed	A
ii) Basic or complex	B
iii) Low or high organisation	C

Can you do this for a range of different examples?

Skill classification	Matching area	Example	Explanation
Open			
Closed			
Basic			
Complex			
Low organisation			
High organisation			



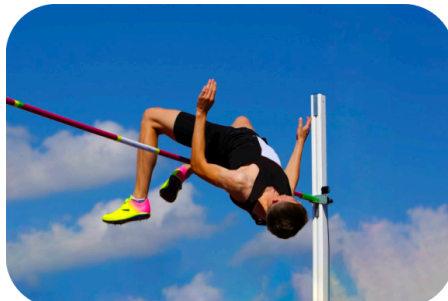
As we know, the skills are all on a continuum. Using the images and continuum below, agree or disagree with the placement along the continuum and justify your answer.

**Justify**

I think  
Since

I believe  
Thus,

The reason for this is  
Because of this,



**Open**

**Closed**



Circle: Agree / Disagree

Justification: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Basic**

**Complex**



Circle: Agree / Disagree

Justification: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





FOR STUDENTS



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MORE?

FOR TEACHERS

