



BRISTOL CATHEDRAL
CHOIR SCHOOL



GCSE PE

Student Booklet

Revision Activities

Welcome to your GCSE PE revision workbook

Use it in conjunction with your lesson notes, a revision book and BBC Bitesize. Make this relevant to you – challenge yourself. Either complete all the activities, or complete the ones you are struggling with. Once finished, mark it and RAG rate it below. Did you do well in that section? Is it something you need to revise?

Each section follows the same structure. You will find questions that challenge your thinking in AO1, AO2 and AO3.

Remember, to get the top marks you need to be able to do all three! A 9 mark question would be composed of 3 marks for AO1, 3 marks for AO2 and 3 marks for AO3.

Now, let's make this competitive!

There are credits awarded for each section that you complete. Once you have completed a section, come and show me and I'll sign it off. The person who has the most points by Easter will be the winner of a wonderful prize. Not only that, you will be more knowledgeable and give yourself the best chance to do well in your GCSE PE theory exams.

Contents

	Secure knowledge	Okay knowledge	Need to revise
Applied anatomy and physiology and movement analysis			
Physical training			
Sports psychology			
Socio-cultural Influences			
Health, fitness and well-being			
Use of data			

Applied Anatomy and Physiology

I. Quizzes

Complete the quizzes.

Multiple Choice Quiz

10 credits.

1. Which one of the following statements is false?
 - a. The scapula, cranium and tibia are bones in the body.
 - b. Rotation occurs at ball and socket joints.
 - c. Ligaments attach bone to muscle.
 - d. The skeleton stores minerals in the body.

2. What are the two bones in the lower arm?
 - a. Ulna and radius
 - b. Ulna and humerus
 - c. Radius and humerus
 - d. Humerus and clavicle

3. What type of movement is used at the elbow when a basketball player is releasing the ball to take a set shot?
 - a. Rotation
 - b. Extension
 - c. Flexion
 - d. Abduction

4. Which of the following statements is false?
 - a. The skeleton gives body shape and support.
 - b. The skeleton gives protection to vital organs.
 - c. The skeleton produces red and white blood cells
 - d. The skeleton is made up of three different skeletons- axial, appendicular and articular.

5. Which are the following statements is true?
 - a. The quadriceps and triceps are a muscle pair.
 - b. The deltoid is situated in the shoulder.
 - c. The hamstring is situated in the lower leg.
 - d. There are two types of muscle in the body

6. The agonist is:
- The working muscle that produces the movement.
 - A stabiliser for the origin of the prime mover.
 - Also known as the secondary mover.
 - An insertion point where a muscle attaches to a bone.
7. What is the muscle in the upper back called?
- Latissimus Dorsi
 - Pectorals
 - Trapezius
 - Gluteals
8. What muscle causes the knee to bend whilst a hockey player is dribbling with a ball and running down the pitch?
- Gastrocnemius
 - Quadriceps
 - Hamstring
 - Gluteals
9. What order does a first class level follow?
- Fulcrum Load Effort
 - Load Fulcrum Effort
 - Load Effort Fulcrum
 - Load Fulcrum Load
10. When bowling in cricket the movement at the shoulder travels through which plane of movement?
- Frontal
 - Sagittal
 - Transverse
 - Multi- planar
11. When performing a cartwheel in gymnastics which axes of rotation is being used?
- Frontal
 - Longitudinal
 - Multi axes
 - Transverse

12. Which of the following statements is false?

- a. Second class levers have the load in the middle.
- b. The sagittal plane splits the body into left and right sides.
- c. The axes of rotation for a somersault is frontal.
- d. The effort is in the middle of a third class lever.

13. Blood vessels that carry blood away from the heart to the body are:

- a. Veins
- b. Capillaries
- c. Arteries
- d. Venules

14. Haemoglobin is found in:

- a. Red Blood Cells
- b. White Blood Cells
- c. Plasma
- d. Platelets

15. The pathway of air through the respiratory system is:

- a. Nasal passage Alveoli Pharynx Bronchi
- b. Nasal passage Pharynx Alveoli Bronchi
- c. Nasal passage Pharynx Bronchi Alveoli
- d. Nasal Passage Bronchi Alveoli Pharynx

16. What sport is most likely to be an anaerobic exercise?

- a. 100m race
- b. Hockey match
- c. Handball match
- d. 800m race

17. Which of the following statements is false?

- a. Lactic acid builds up in the muscles.
- b. Heart rate increases during exercise.
- c. Tidal volume decreases during exercise.
- d. Vascular shunt mechanism takes effect during exercise.

18. Cardiac hypertrophy is:

- a. The heart becoming weaker
- b. The heart becoming stronger
- c. The arteries becoming weaker
- d. The arteries becoming stronger

19. Exercising makes bones to become stronger. A lack of exercise could result in?

- a. Arthritis
- b. Osteoporosis
- c. Kyphosis
- d. Asctoporosis

20. Which of the following statements is false?

- a. Muscles get bigger the more you exercise
- b. Exercise increases tendon strength
- c. Breathing rate increases during exercises
- d. The more you exercise the higher your resting heart rate

Fill in the Gap Quiz

10 credits

1. One function of the body is to produce _____.
2. The joint type at the knee is a _____ joint.
3. The _____ and the _____ are two bones situated in the lower arm.
4. The role of _____ is to reduce friction and act as a shock absorber.
5. The muscles situated in the upper leg are _____ and _____.
6. The _____ is the end of the muscle attached to a bone that is stable.

7. The _____ causes adduction and flexion at the shoulder joint.
8. When two muscles work together to create movement- it is called an _____.
9. When the fulcrum sits in the middle of the lever system is called a _____.
10. When completing a sprint race the leg action in running works in the _____ plane.
11. The _____ axis runs vertically through the midpoint of the body.
12. _____ is when you can move a large output with a smaller effort.
13. _____ carry blood away from the heart to the rest of the body.
14. The _____ valve is between the left atria and left ventricle.
15. Gas exchange takes place in the _____ where oxygen moves into the body and carbon dioxide is removed.
16. During anaerobic exercise _____ is produced.
17. _____ takes place when the body does not have enough oxygen and therefore oxygen is delivered to working muscles instead of non-essential organs.
18. When muscles become bigger and stronger this is known as _____.
19. When you exercise for a long period of time one long term effect of exercise is that resting heart rate _____.

20. When we exercise our breathing rate increases. Alongside this _____ also increases. This is the volume of air either inspired or expired per breath.

Open Ended Question Quiz

10 credits

1. Describe the role of the ligaments.
2. What is the difference between flexion and extension? Give an example for each.
3. Give two examples of a ball and socket joint and how they can be used in a sporting movement.
4. Describe three functions of the skeleton.
5. Using an example from sport, describe how the quadriceps and hamstrings work as an antagonistic pair?
6. Explain the function of the trapezius?
7. Describe the role of the antagonist?
8. Explain the function of the triceps?
9. Draw a diagram of a second class lever.
10. Using a practical example, explain the longitudinal axis.
11. Using a practical example, explain the sagittal plane.

12. What is meant by the term 'mechanical advantage'?
13. Describe the role of the capillaries.
14. Using a practical example, explain what is meant by aerobic exercise?
15. Describe the term 'stroke volume'.
16. Outline the role of white blood cells.
17. Describe two long term effects of exercise on the respiratory system?
18. Describe the term 'hypertrophy'?
19. Explain the 'vascular shunt' mechanism.
20. Describe the short term effects of exercise on the muscular system?

II. Reading Task

Read and summarise the key ideas within the article – ideally in ten points. Create 5 questions relating to both the article and your specification.

50 credits.

<http://www.telegraph.co.uk/news/health/children/10719886/Playing-sport-while-young-keeps-bones-stronger-in-old-age.html>

<http://indianexpress.com/article/technology/science/new-technique-to-make-prosthetic-limbs-feel-more-natural-4690306/>

<http://www.mensfitness.com/training/pro-tips/7-ways-step-your-fitness-game>

https://www.eurekalert.org/pub_releases/2017-09/mu-rbc092217.php

<https://www.thelocal.de/20171018/results-of-a-25-year-long-study-show-those-who-exercise-regularly-remain-younger-longer>

III. Research Task

Research and find an article which supports or disclaims the ideas in the original article. Write a paragraph to summarise your findings. In this paragraph you must provide a sporting example to support your findings.

30 credits.

IV. Website Task

Website task: Select a website and design a power point presentation you could give to a group of students just beginning the GCSE PE course. Include of each slide key notes you could discuss.

80 credits.

1. <https://www.brianmac.co.uk/physiol.htm>
2. <http://www.innerbody.com/image/musfov.html>
3. <http://www.teachpe.com/resources/gcse/gcse-movement-analysis/levers>
4. <http://www.fitness-central.co.uk/health-and-fitness/your-body/circulatory-system/cardiorespiratory-system/index.php>
5. http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/2_exercise_effectsoftraining_rev1.shtml

V. Long Answer Questions

Choose a longer answer question from the question bank below. Write a response to the question. You must include a plan of what you are going to include, a key word board and your final written answer which is completed in full sentences and paragraphs.

100 credits

1. A ball and socket joint can be found at the shoulder within the body and allows rotation as its main method of movement.
Give two practical examples of using a hinge joint within sport and assess two ways in which the joint creates movement.
2. Using examples from sport, describe the role of antagonist pairs and how it produces movement within the body.
3. Using three different practical examples, describe the planes of movement.
4. Using practical examples; analyse aerobic and anaerobic exercise.
5. One long term effect of exercise is resting heart rate decreases. Using this information describe how cardiac output is affected in both short term effects of exercise and long term.

VI. Videos

Produce a video that shows the use of the body in a practical way. The video must include key sporting examples and clear explanations of what is occurring within the video.

Try to include the whole unit topic in one video.

50 credits per topic.

- The structure and function of the skeletal system
- The structure and function of the muscular system
- Movement analysis
- The cardiovascular and respiratory systems
- The effects of exercise on the body systems

Physical Training

VII. Quizzes

Complete the quizzes.

Multiple Choice Quiz

10 credits.

21. Which one of the following statements is false?
- a. Cardiovascular endurance and stamina is the same thing.
 - b. The 12 minute cooper run measures cardiovascular endurance.
 - c. The multi stage fitness test is run over 18m.
 - d. Long distance swimmers need good cardiovascular endurance.
22. Which one of the following is a fitness test to measure strength?
- a. One minute sit up test
 - b. One repetition maximum test
 - c. Sit and reach test
 - d. Vertical jump test
23. One component of fitness is reaction time. Reaction time is very important for a sprinter. Which other component of fitness is most important for a sprinter?
- a. Power
 - b. Speed
 - c. Flexibility
 - d. Muscular Endurance
24. Which of the following statements is false?
- a. A netballer needs agility.
 - b. A footballer needs flexibility.
 - c. A weightlifter needs cardiovascular endurance.
 - d. A basketballer needs power.
25. Which are the following statements is true?
- a. There is only one fitness test to measure muscular endurance.
 - b. The wall throw test measures reaction time.
 - c. The speed test is completed over 100m.
 - d. The stork stand test measures balance

26. Agility is:

- a. How quickly you can run in a straight line.
- b. How quickly you can change direction.
- c. How quickly you move your legs.
- d. How quickly you move your arms.

27. What is the most important component of fitness for boxer?

- a. Flexibility
- b. Power
- c. Cardiovascular Endurance
- d. Balance

28. Overload is:

- a. Need to work the body harder than normal so that there is some stress and discomfort.
- b. To work the body until injury occurs
- c. Maintain the workload at the same rate
- d. Maintaining the same amount of repetitions.

29. Which of the following is not a method of training?

- a. Continuous
- b. Fartlek
- c. Interval
- d. Progressive

30. A warm up must include 5 main components. Which of the following is not part of a warm up?

- a. Stretching
- b. Pulse raising
- c. Skill rehearsal
- d. Match play

31. Why do we need to perform a cool down? One of the following statements is false.

- a. Gradually increase the heart rate
- b. Gradually lower body temperature
- c. Reduce blood pooling
- d. Increase the removal of lactic acid

32. Circuit training is:

- a. Running and maintaining the speed for a period of 20 minutes
- b. Completing a variety of exercises for a short period of time
- c. Completing a section of sprint work followed by a period of rest
- d. Rapid and repeated stretching and contracting of muscles

33. What is the most important method of training for a marathon runner?

- a. Fartlek training
- b. Continuous training
- c. Weight training
- d. Plyometric training

34. What does the FITT principle stand for?

- a. Frequency Intensity Type Tedium
- b. Frequency Interval Time Type
- c. Frequency Interval Tedium Time
- d. Frequency Intensity Time Type

35. PPE stands for:

- a. Personal Performance Equipment
- b. Personal Protective Equipment
- c. Protective Performance Equipment
- d. Personal Performance Enhancement

36. What injury is the most common in rugby?

- a. Sprain
- b. Strain
- c. Dislocation
- d. Fracture

37. Which of the following statements is false?

- a. Spinal injuries should be treated by an expert and the injured person should not be moved.
- b. Fractured bones always break the surface of the skin.
- c. Strain is a tear to a tendon or muscle.
- d. Blisters are caused by friction.

38. A hazard is:

- a. The chance that someone will be harmed
- b. Something that has the potential to cause harm
- c. The injury that occurs
- d. An injury to a bone

39. A risk assessment must include which one of the following?

- a. Use of chemicals
- b. All previous injuries
- c. At least 20 hazards
- d. First aid instructions

40. Which of the following statements is false?

- a. Lifting and carrying equipment safely can reduce the chance of back injuries
- b. It is compulsory to complete a warm up before sport
- c. All participants must be competing at an appropriate level to themselves.
- d. It is advised you wear the correct clothing and footwear

Fill in the Gap Quiz

10 credits

1. _____ is measured using the press up test and the sit up test.
2. The sit and reach test is used to measure _____.
3. The ability of repeating a pattern or sequence of movements with fluency and accuracy is known as _____.
4. The most important component of fitness at the start of a 100m race is _____.
5. The most important component of fitness to a long distance swimmer is _____.
6. Power is a combination of _____ and _____.
7. Strength is measured using the one repetition maximum test and the _____ test.

8. _____ is when performance deteriorates due to lack of training.
9. The number of training sessions completed per week is known as _____.
10. Interval training includes periods of _____ and periods of _____.
11. _____ involves hopping, bounding and jumping to work the muscles concentrically and eccentrically.
12. Fartlek training is known as _____ in Swedish.
13. _____ is part of a warm up and includes exercise that takes the joints through their full range of movement.
14. One of the benefits of the cool down is to _____ the heart rate.
15. When you are boxing, you are grouped based on weight. This is because it ensures there is an appropriate level of _____.
16. _____ is a tear to the ligament.
17. A _____ is the chance that someone will be harmed by the hazard.
18. A _____ is the technique used to measure the chance of an accident happening.
19. An example of personal protective equipment is the use of _____ in football to prevent leg fractures.
20. A _____ is caused by a blow to the joint.

Open Ended Quiz

10 credits

1. Using a practical example, describe the term 'flexibility'?
2. In the multistage fitness test David scored L6 S5. What component of fitness does the multistage fitness test measure? Describe another fitness test that measures this component of fitness.

3. Describe two fitness tests that measure power.
4. Using a sporting example, explain the term 'co-ordination'?
5. In the handgrip dynamometer test Sarah scored 32kg. What component of fitness does the handgrip dynamometer test measure? Describe another fitness test that measures this component of fitness.
6. Describe two fitness tests that measure muscular endurance.
7. Using a practical example, describe the term 'reaction time'?
8. Explain why an athlete would use weight training to improve their performance.
9. Describe interval training and state what this type of training aims to achieve.
10. Why is it important for a sports performer to carry out a warm up before a competitive activity?
11. Using a practical example, describe what is meant by the term 'progression'?
12. Explain why an athlete would use circuit training to improve their performance.
13. Describe plyometrics training and state what this type of training aims to achieve.
14. Using a practical example, describe an effective warm up before performing a sports activity.
15. Describe three ways of minimising risks when exercising in a gym.

16. Identify a hazard in a swimming pool and explain how you would reduce the risks associated with that hazard.
17. Using a sporting example, explain how a concussion can occur and how it would be treated?
18. Explain how a risk assessment is important in sport?
19. Using a practical example, describe how a sprain can occur and how it can be treated?
20. Identify a hazard at a sports field and explain how you would reduce the risks associated with that hazard.

VIII. Reading Task

Read and summarise the key ideas within the article – ideally in ten points. Create 5 questions relating to both the article and your specification.

50 credits.

<http://www.deccanchronicle.com/sunday-chronicle/phyzzicality/221017/you-can-train-like-a-judoka.html>

<https://www.trainingzone.co.uk/community/blogs/markben/best-delivery-methods-for-adult-training>

<https://www.theguardian.com/sport/2017/oct/17/gordon-hayward-ankle-injury-celtics-cavaliers-nba>

IX. Research Task

Research and find an article which supports or disclaims the ideas in the original article. Write a paragraph to summarise your findings. In this paragraph you must provide a sporting example to support your findings.

30 credits.

X. Website Task

Website task: Select a website and design a power point presentation you could give to a group of students just beginning the GCSE PE course. Include of each slide key notes you could discuss.

80 credits

1. <http://ezinearticles.com/?The-10-Components-of-Fitness&id=6673790>
2. <http://www.s-cool.co.uk/gcse/pe/training-for-sport/revise-it/the-principles-of-training>
3. <http://www.nhs.uk/conditions/Sports-injuries/Pages/Introduction.aspx>

XI. Long Answer Questions

Choose a longer answer question from the question bank below. Write a response to the question. You must include a plan of what you are going to include, a key word board and your final written answer which is completed in full sentences and paragraphs.

100 credits

1. Using practical examples, explain how a gymnastics coach would use fitness testing to ensure the best performance by a gymnast at the Olympics.
2. Using practical examples, explain how a rugby coach might reduce the risk of injury to a participant when delivering a training session on a sports field. How could the general health, fitness and wellbeing of a participant influence their risk of injury?
3. Using practical examples, explain how a personal trainer would design a training program for a new member at the gym over a 6-week period.
4. Hannah is a 23-year-old who is maintaining her training to be selected for the sprint cycling squad for the Commonwealth Games. Explain, using examples, how Hannah could adapt her training to give her the best possible chance of selection.
5. Fred wants to pursue a career in boxing. Explain what components are the most important to train for a boxer and how his progress could be measured.

XII. Videos

Produce a video that shows the use of the body in a practical way. The video must include key sporting examples and clear explanations of what is occurring within the video.

Try to include the whole unit topic in one video.

50 credits per topic.

- Components of fitness
- Fitness tests
- Principles of training
- Methods of training
- Minimising risk of injury

Sports Psychology

XIII. Quizzes

Complete the quizzes.

Multiple Choice Quiz

10 credits.

1. A motor skill is:
 - a. Predetermined skill created before the performance
 - b. An action or task that has a target or goal
 - c. A movement performed within minimum energy
 - d. A fluent and co-ordinated movement

2. Which is not a characteristic of a skilful movement?
 - a. Aesthetic
 - b. Efficiency
 - c. Co-ordinated
 - d. Fast

3. A complex concept that involves interpretation is a definition for which key word?
 - a. Cognitive
 - b. Perception
 - c. Thought
 - d. Aesthetic

4. A sprint start in swimming is an example of what type of skill?
 - a. Simple
 - b. Complex
 - c. Fine
 - d. Open

5. Which one of the following is the best example of a closed skill?
 - a. A free kick in football
 - b. A centre pass in netball
 - c. A free throw in basketball
 - d. A long corner in hockey

6. Which of the following words is not part of the SMART principle?

- a. Specific
- b. Measurable
- c. Rewarding
- d. Timed

7. Which of the following is not a reason for not attaining a goal?

- a. You did not try hard enough
- b. The goal was unrealistic
- c. Poor technique
- d. Opponent ability

8. Which of the following is an example of a performance goal?

- a. To win the long jump in an athletics competition
- b. To finish an Insanity work out class
- c. To improve technique of a back somersault in trampolining
- d. To reach the finals of the netball competition

9. Which of the following is a valid reason for setting a goal?

- a. To improve technique for your golf swing
- b. To adapt the weather in a golf competition
- c. To finish last in the golf competition
- d. To reduce skill level

10. When you set a goal, which of the following should you not do?

- a. Pace yourself
- b. Reward yourself
- c. Punish yourself
- d. Be realistic

11. Anxiety is:

- a. The feeling that something might go wrong
- b. The feeling that something might go right
- c. The feeling that you are prepared for an event
- d. The feeling of calmness

12. Which of the following is not a mental rehearsal technique?

- a. Imagery
- b. Mental rehearsal
- c. Skill practice
- d. Selective attention

13. Which one of the following is an example of mental rehearsal in sports performance?

- a. Visualising the run up, jump and landing in high jump
- b. Controlling the heart rate through meditation
- c. Worrying about how your 100m race will go
- d. Completing the hop, step, jump in triple jump

14. Which one of the following is a somatic anxiety management technique?

- a. Warm Up
- b. Cool Down
- c. Relaxation
- d. Skill Preparation

15. Selective attention is:

- a. Performer concentrates on what is relevant
- b. Performer concentrates on the whole picture
- c. Performer concentrates on opponents
- d. Performer concentrates on the crowd

16. Which of the following is not a type of guidance?

- a. Visual
- b. Verbal
- c. Written
- d. Manual

17. Which of the following is not a type of feedback?

- a. Confidence
- b. Negative
- c. Positive

d. Extrinsic

18. Which of the following is an example of mechanical guidance?

- a. Watching a video of a front somersault
- b. Listening to coach's instructions on how to perform the front somersault
- c. Using a harness when performing the somersault
- d. Performing a forward roll to feet

19. Knowledge of performance is:

- a. Beating another team 1-0 in a football match
- b. Scoring 9.6 at the end of a gymnastics floor routine
- c. Missing a free throw in basketball
- d. Receiving feedback from coach based on passing in netball

20. Which of the following is not an example of extrinsic feedback?

- a. Swimmer diving off the blocks feels that their legs are straight
- b. Hockey player sees the ball go through the net
- c. Referee whistles for a bad tackle
- d. Handball players get sent off for 2 minutes

Fill in the Gap Quiz

10 credits

1. _____ is one in which a predetermined objective is accomplished with maximum efficiency with a minimum outlay of energy.

2. When a footballer takes a free kick using the correct technique it looks good. This is known as _____.

3. When you make a catch in the slip when playing cricket you have a lot of decisions to make, this is an example of a _____ skill.

4. _____ are skills that involve intellectual ability of the performer.

5. If the skill is closed, it is more effective to keep _____ so that the skill becomes grooved.
6. _____ is important for monitoring and making you accountable for the target/goal that was set.
7. A goal will be hard to reach if the goal set is too _____ at this time.
8. _____ goals are when the end result is all that is concerned. For example, whether you win or lose.
9. When creating goals they need to be _____ so that goals are clear and unambiguous so there is more chance for them to be attained.
10. Goals are put in place within sport so that performers are _____ to achieve their best and have the drive and inspiration to achieve.
11. _____ is otherwise known as self talk, involves the participant in a sport being positive about past experiences.
12. Visualising how to perform an activity from start to finish is known as _____.
13. _____ can speed up your reaction to different situations and enables you to focus and concentrate due to allowing you to relax fully.
14. When you block out the crowd when shooting a penalty in football, this is a type of mental preparation called _____.
15. _____ is the feeling or sense that we get when we are completing a movement.
16. When a coach demonstrates how to perform a chest pass in netball, they are supporting the learning through _____ guidance.

17. An athlete gets _____ feedback when they perform a shot badly in basketball and they miss the shot.
18. _____ feedback is continuous feedback throughout the performance which comes from within the performer.
19. An advantage of _____ guidance is it can reduce the fear of a performer whilst completing an activity.
20. _____ is gaining feedback at the end point when you win or lose the match.

Open Ended Quiz

10 credits

1. Using practical examples, explain what is meant by an open skill and a complex skill.
2. Choosing a motor skill in sport, justify your classification of this skill on the environmental continuum.
3. Using a sporting example, describe the main characteristics of a skilful movement.
4. Describe how the classification of skill impacts on training and coaching.
5. Using a practical example, outline the term 'perception' and its use in sport.
6. How does goal setting optimise and improve performance?
7. Give three reasons why goals may not be attained by a performer?

8. Explain two benefits of setting appropriate goals.
9. Why is it important that goals are achievable?
10. Select two features of SMART goal setting, using practical examples describe the features of goal setting.
11. Using a practical example, describe the term 'mental rehearsal'?
12. Give two advantages of positive thinking.
13. Why is selective attention important in sport?
14. Using a sporting example, explain how imagery can help to reduce anxiety.
15. Describe how using mental preparation would aid your sports performance.
16. Using practical examples show how negative feedback can be effective in sports performance.
17. Explain the advantages and disadvantages of verbal guidance.
18. Using practical examples, explain the term 'manual guidance'.
19. What is the difference between knowledge of results and knowledge of performance?
20. What key factors are needed for feedback to be effective?

XIV. Reading Task

Read and summarise the key ideas within the article – ideally in ten points. Create 5 questions relating to both the article and your specification.

50 credits.

http://www.newspressnow.com/news/local_news/parents-as-teachers-evaluates-childrens-play-skills/article_05da8fa4-805e-5b2f-9d50-ad124230274a.html

https://www.theet.com/news/free/schools-work-to-teach-importance-of-goal-setting-with-students/article_f6e2c826-a610-57ca-ad31-2717de2a6840.html

<https://sports.yahoo.com/underrated-notre-dame-heard-threatening-053701286.html>

<http://www.theaustralian.com.au/business/opinion/feedback-the-key-to-improvement-in-sport-and-business/news-story/b3c14ac09ea0536c4b7f1b2b6a27798c>

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Website task: Select a website and design a power point presentation you could give to a group of students just beginning the GCSE PE course. Include of each slide key notes you could discuss.

80 credits

1. http://www.teachpe.com/sports_psychology/ability.php
2. <http://www.humankinetics.com/excerpts/excerpts/goal-setting-helps-athletes-perform>
3. <https://www.sportpsych.org/nine-mental-skills-overview>
4. <http://www.teachpe.com/resources/gcse/gcse-sports-psychology/guidance-and-feedback>

XVII. Long Answer Questions

Choose a longer answer question from the question bank below. Write a response to the question. You must include a plan of what you are going to include, a key word board and your final written answer which is completed in full sentences and paragraphs.

100 credits

1. Using practical examples, describe the four different types of guidance. Outline one benefit of each type of guidance.
2. Using practical examples, explain how mental preparation can benefit sports performance.
3. Feedback is an integral part of sports performance. Discuss the advantages and disadvantages of different methods of feedback within sport.
4. Explain the SMART principle of goal setting and outline why goal setting is important for an active healthy lifestyle.
5. Skills within sport are classified to make it clearer about what is required to learn and perform within a particular skill. Using sporting examples, explain both the environmental and difficulty continuum.

XVIII. Videos

Produce a video that shows the use of the body in a practical way. The video must include key sporting examples and clear explanations of what is occurring within the video.

Try to include the whole unit topic in one video.

50 credits per topic.

- Characteristics of skilful movement
- Classification of skill
- Goal Setting
- Mental Preparation
- Types of guidance
- Types of feedback

Socio-cultural Influences

XIX. Quizzes

Complete the quizzes.

Multiple Choice Quiz

10 credits.

1. Which of the following statements is false?
 - a. Those that participate in sport between the ages of 16-24 are likely to maintain lifelong habits of exercising.
 - b. Approximately 50% of adults participate within sport and physical activity for at least 1 hour per week.
 - c. People who participate in sport and physical activity after the age of 24 are fitter and healthier.
 - d. 60% of teenagers take part in competitive sport outside of school in the UK.

2. What is the most popular physical activity for adults to take part in?
 - a. Snooker
 - b. Swimming
 - c. Boxing
 - d. Football

3. What percentage of women take part in sport activities in the UK?
 - a. 16%
 - b. 22%
 - c. 36%
 - d. 50%

4. Which one of the following does not affect participation in sport?
 - a. Age
 - b. Gender
 - c. School
 - d. Disability

5. Which of the following is not a benefit of getting involved in physical activity?
- a. Improved health and fitness
 - b. Improved wellbeing
 - c. Lower stress levels
 - d. Increased aggression
6. How does media impact on sports participation?
- a. Increases the number of people joining in
 - b. Decreases the number of people joining in
 - c. Increases the number of people watching sport
 - d. Decreases the number of people watching sport
7. Which of the following is not an institution that is aiming to increase participation in sport?
- a. UK Sport
 - b. Sport England
 - c. Governing Bodies
 - d. Change4Life
8. Other than participation in sport which of the following helps to lead to a healthy active lifestyle?
- a. Drinking alcohol
 - b. Smoking
 - c. Eating healthy
 - d. Eating high amounts of fats
9. Which of the following is not part of the 'golden triangle'?
- a. Sport
 - b. Media
 - c. News
 - d. Sponsorship
10. Media is used to promote sport. Which of the following would not be positive for sport?
- a. More exciting and interesting
 - b. Makes sport more accessible
 - c. Provides more money for the sport
 - d. Male sports benefits

11. Which of the following is not a type of sponsorship?

- a. Money for stadiums
- b. Money for equipment
- c. Money for wages
- d. Money for transportation

12. Why would someone gain sponsorship in sport?

- a. Unsuccessful performances
- b. High amounts of injury
- c. Negative role model
- d. Free advertising

13. Sportsmanship is:

- a. The customs we observe surrounding the rules
- b. Involves behaviour that shows fair play
- c. Use of unethical methods to gain an advantage
- d. Human behaviour against society's norms

14. Which of the following is not an example of sportsmanship in cricket?

- a. Shaking hands before the game
- b. Clapping for new batsman
- c. Contesting the referees decision
- d. Umpires decision is final

15. Which of the following is an example of deviance in sport?

- a. Complaining to the referee during the game
- b. Refusing to shake hands after the game
- c. Fighting between players during the game
- d. Diving in the penalty box

16. Which of the following is not an example of performance enhancing drugs?

- a. Anabolic steroids
- b. Stimulants
- c. Tobacco
- d. Beta Blockers

17. Which is not a possible reason for violence in sport?

- a. Frustration
- b. Correct decision from the referee
- c. Copy others behaviour
- d. Getting angry

18. Deviance in sport is:

- a. A person behaving as normal within society
- b. A person behaving differently to the normal within society
- c. A person behaving within the law but using it to their advantage
- d. A person behaving in a socially acceptable way

19. What is not an example of a type of media?

- a. Television
- b. Internet
- c. Radio
- d. Poster

20. Which of the following is not an example of sponsorship in sport?

- a. Logo across the shirt
- b. Providing trainers for a performer
- c. Name within the competition title
- d. Money for scoring a goal

Fill in the Gap Quiz

10 credits

1. _____ is the number of people within a group who are involved in sport compared with those who are not.

2. Participation for 14 plus in activities lasting at least _____ minutes a week is a target for Sport England.

3. _____ is the most popular sporting activity amongst adults in 2015.
4. More _____ participate in sport than _____ because there are more role models within the media and more funding available.
5. It is much more likely for you to be involved in sport if your _____ participate themselves or promote the benefits of participation.
6. People do not get involved in sport because they cannot find enough time to complete the activity out of _____.
7. _____ is an agency under government direction to provide support for elite sports people.
8. _____ develop individual sports, organising competitions and how the sport is administered nationally.
9. _____ is a sports agency responsible for the development of sport for young people.
10. The golden triangle includes- _____, sponsorship and _____.
11. _____ refers to the influence of commerce, trade or business on an industry to make a profit.
12. One type of sponsorship would be _____. This is so performers can get access to better teams which might be further away from where they live.
13. _____ involves behaviour that shows fair play, respect for opponents and gracious behaviour.
14. _____ is the use of unethical, although not illegal, methods to win a game or gain an advantage.

15. Steroids, beta blockers and stimulants are all examples of _____.
16. _____ involves behaviour that goes against society's normal behaviour.
17. People may become _____ in sport if they become frustrated or copy behaviour from their role models.
18. _____ in sport contains the concepts of gamesmanship, sportsmanship and deviance.
19. _____ help to control the heart rate and keep the athlete calm.
20. _____ work to increase alertness in sports people.

Open Ended Quiz

10 credits

1. In an activity of your choice describe how gamesmanship might be displayed by a participant.
2. Define etiquette using an example from sport.
3. Describe the effects that stimulants have on a sports performer.
4. Explain two reasons why a sports person may take performance enhancing drugs.
5. Provide two examples of where sportsmanship can be seen within physical activities.

6. Explain why an individual may demonstrate violence in sport.
7. Give two types of media and for each give an example of how a sport is promoted.
8. Explain two positive effects of sponsorship in sport.
9. Describe two negative effects of media in sport.
10. Describe the golden triangle in sport.
11. Using practical examples, explain two forms of sponsorship within sport.
12. What are the main trends in sports participation for gender in the UK?
13. Explain how age impacts sports participation within the UK.
14. What two sports are most popular in the UK and give reasons for their popularity in the UK?
15. Explain two strategies to improve participation in sport.
16. Outline two strategies used to increase participation in females within the UK?
17. Explain the role the Youth Sport Trust plays in increasing sporting participation in the UK.
18. Describe three reasons why people get involved in sport.
19. Explain two reasons why people with disabilities may not take part in physical activity.
20. How does a person's socio-economic group affect their participation in sport?

XX. Reading Task

Read and summarise the key ideas within the article – ideally in ten points. Create 5 questions relating to both the article and your specification.

50 credits.

<https://www.reuters.com/article/us-basketball-nba-anthem/nba-commissioner-silver-expects-players-to-stand-for-anthem-idUSKCN1C406J>

<http://www.cityam.com/273259/moneyball-sports-sponsorship-behavioural-economics-could>

<http://www.longfordleader.ie/news/sport/250644/major-ethical-issues-are-challenging-sport.html>

XXI. Research Task

Research and find an article which supports or disclaims the ideas in the original article. Write a paragraph to summarise your findings. In this paragraph you must provide a sporting example to support your findings.

30 credits.

XXII. Website Task

Website task: Select a website and design a power point presentation you could give to a group of students just beginning the GCSE PE course. Include of each slide key notes you could discuss.

80 credits

1. <https://www.sportengland.org/our-work/partnering-local-government/tools-directory/variations-in-participation-research-findings/>
2. <http://www.teachpe.com/resources/gcse/gcse-socio-cultural-influences/>
3. <http://www.bbc.co.uk/ethics/sport/>

XXIII. Long Answer Questions

Choose a longer answer question from the question bank below. Write a response to the question. You must include a plan of what you are going to include, a key word board and your final written answer which is completed in full sentences and paragraphs.

100 credits

1. Research in the UK has shown that physical activity levels reported for people from black and minority ethnic groups aged 16 and over are generally low, especially in women.

- 21% of females from Asian backgrounds participate in sport
- In basketball and cricket more than a third are from a non-white background

Discuss the reasons for low participation levels for black and minority ethnic females and the long term physical effects that such low levels of activity could have.

2. Using practical examples, explain how public, private and voluntary agencies are promoting sport within the UK.
3. Using practical examples, discuss the positive and negative effects of media on the commercialisation of sport in the UK.
4. Explain how sponsorship has influenced the development of sport and physical activity over the past 20 years.
5. Using practical examples, explain the role performance enhancing drugs has within sport.

XXIV. Videos

Produce a video that shows the use of the body in a practical way. The video must include key sporting examples and clear explanations of what is occurring within the video.

Try to include the whole unit topic in one video.

50 credits per topic.

- Engagement patterns
- Factors that affect participation
- Influence of media
- Influence of sponsorship
- Ethics in sport

Health, Fitness and Wellbeing

XXV. Quizzes

Complete the quizzes.

Multiple Choice Quiz

10 credits.

1. A healthy lifestyle is:
 - a. A state of complete physical wellbeing
 - b. The absence of disease or infirmity
 - c. A state of complete mental wellbeing
 - d. A state of complete physical, social and mental wellbeing

2. Which of the following does not contribute to an active, healthy lifestyle?
 - a. Sensible alcohol consumption
 - b. Healthy balanced diet
 - c. Regular exercise
 - d. Smoking

3. A person's capacity to carry out life's activities without getting too tired is known as?
 - a. Wellbeing
 - b. Health
 - c. Fitness
 - d. Exercise

4. Which of the following is not a fitness component?
 - a. Muscular endurance
 - b. Flexibility
 - c. Fluency
 - d. Co-ordination

5. Which of the following words does not contribute to a person's wellbeing?
 - a. Worry
 - b. Content
 - c. Happy
 - d. Healthy

6. What activity would be classed as sedentary?
- a. Sitting and watching TV
 - b. Walking the dog
 - c. Going to the gym
 - d. Gardening
7. Which of the following is not a benefit of completing physical activity?
- a. Emotional
 - b. Skilful
 - c. Physical
 - d. Social
8. Which of the following is a physical benefit of sport?
- a. Meeting new friends
 - b. Self esteem
 - c. Body image
 - d. Obesity
9. What group does not make up part of a balanced diet?
- a. Carbohydrates
 - b. Protein
 - c. Sugar
 - d. Fats
10. Which of the following is not a good source of carbohydrates?
- a. Pasta
 - b. Bread
 - c. Rice
 - d. Egg
11. Protein is needed within a balanced diet because:
- a. It builds and repairs tissue within the body
 - b. It provides us with energy for exercising
 - c. It helps us to lose weight

d. To make the diet more tasty

12. Which of the following is not an example of a mineral?

- a. Calcium
- b. Potassium
- c. Iron
- d. Presidium

13. Obesity means a person is:

- a. Underweight
- b. Overweight
- c. Significantly underweight
- d. Significantly overweight

14. Fibre would be found in which of the following foods?

- a. Wholemeal bread
- b. White rice
- c. Fish
- d. Milk

15. How much of a healthy diet should be made up of carbohydrates?

- a. 30%
- b. 40%
- c. 50%
- d. 60%

16. Water is needed as part of the diet to help:

- a. Digestion of food
- b. Reduce chance of dehydration
- c. Reduce risk of injury
- d. Be able to sweat

17. Increasing our glycogen stores is also known as?

- a. Protein loading
- b. Fat loading

- c. Carb loading
- d. Hydration loading

18. Which of the following statements is false?

- a. Carbohydrates provide energy
- b. Too many vitamins can damage your health
- c. Calcium makes bones stronger
- d. Fats are good for you in small doses

19. Which of the following needs to be taken into account before exercising?

- a. Eating lots of chocolate
- b. Drinking water
- c. Eating lots of pasta
- d. Drinking lots of fizzy drinks

20. The main measurement of obesity is?

- a. Body Mass Index
- b. Skinfold measurements
- c. Weight
- d. Waist measurements

Fill in the Gap Quiz

10 credits.

1. A healthy lifestyle is a state of complete _____, mental and social wellbeing.
2. When you sit at a computer all day completing work, it is known as a _____ lifestyle.
3. A performer who needs to keep hydrated before exercise needs to ensure they drink plenty of _____.
4. _____ are found in pasta, bread and rice.

5. _____ are found in dairy products such as cheese, milk and yoghurt.
6. _____ is a feeling or mental state of being contented, happy, prosperous and healthy.
7. Exercise can make you feel better about yourself and be more confident. This is increasing your _____.
8. Calcium and zinc are examples of _____ needed by our body as part of a balanced diet.
9. _____ is increased by filling your body with carbohydrates for three days leading up to an event.
10. _____ fat is in the form of liquid such as vegetable oil and comes from a plant source.
11. Meat, fish and eggs are examples of _____.
12. Friendship is a _____ part of increasing a person's wellbeing.
13. When we exercise more, our _____ levels increase and therefore you are less likely to tire quickly.
14. _____ is how quickly you react to a stimulus.
15. Adults should complete _____ minutes of exercise at least _____ days per week.
16. _____ is the range of movement available at a joint.
17. A _____ is made up of carbohydrates, protein and fats.

18. _____ is the proportion of diet which should be protein based within a balanced diet.
19. _____ is an essential part of haemoglobin which is needed to transport oxygen around the body.
20. _____ within our diet can help to prevent disease.

Open Ended Quiz

10 credits.

1. Explain what is meant by the term 'fitness'.
2. Describe 3 physical benefits of regular exercise.
3. Outline the emotional benefits of regular exercise.
4. Using an example, explain what is meant by the term 'sedentary'.
5. What makes up a balanced diet?
6. Why is protein essential to a balanced diet?
7. Outline the importance of minerals as a nutrient for an athlete.
8. Discuss what factors need to be considered when looking at sports performers and nutrition.
9. Why is hydration important for a balanced diet?
10. What is meant by the term 'carb loading'?

11. How can a balanced diet help to prevent obesity?
12. What is meant by the term 'health'?
13. Outline the importance of carbohydrates as a nutrient for an athlete.
14. Explain the social benefits of regular exercise.
15. Describe what is meant by 'a balanced diet'.
16. Define the term 'wellbeing'.
17. Why are vitamins an important part of a balanced diet?
18. Explain what changes you would make to a balanced diet for a weight lifter.
19. Explain what changes you would make to a balanced diet for a marathon runner.
20. Outline the advantages and disadvantages of fat as a nutrient within a balanced diet.

XXVI. Reading Task

Read and summarise the key ideas within the article – ideally in ten points. Create 5 questions relating to both the article and your specification.

50 credits.

<https://www.mnn.com/health/fitness-well-being/blogs/boomers-30-minutes-exercise-will-extend-your-life>

<http://www.independent.co.uk/sport/football/international/harry-kane-england-captain-spurs-tottenham-nutrition-chef-kitchen-2017-goals-a7983456.html>

XXVII. Research Task

Research and find an article which supports or disclaims the ideas in the original article. Write a paragraph to summarise your findings. In this paragraph you must provide a sporting example to support your findings.

30 credits.

XXVIII. Website Task

Website task: Select a website and design a power point presentation you could give to a group of students just beginning the GCSE PE course. Include of each slide key notes you could discuss.

80 credits.

1. http://www.teachpe.com/gcse_health/health_fitness.php
2. <http://www.nutritionist-resource.org.uk/articles/sports-nutrition.html>

XXIX. Long Answer Questions

Choose a longer answer question from the question bank below. Write a response to the question. You must include a plan of what you are going to include, a key word board and your final written answer which is completed in full sentences and paragraphs.

100 credits

1. Using practical examples explain how health, fitness and wellbeing can lead to a person having an improved performance within sport.
2. Discuss the benefits of physical activity on physical, social and emotional health and the consequences of a sedentary lifestyle on these areas.
3. What dietary advice would you give to a male gymnast when following an exercise programme?

4. Explain the importance of a balanced diet. Use sporting examples to show your understanding of key nutrient groups.
5. Describe the process of carbohydrate loading. Explain how this could benefit a sports performer of your choice.

XXX. Videos

Produce a video that shows the use of the body in a practical way. The video must include key sporting examples and clear explanations of what is occurring within the video.

Try to include the whole unit topic in one video.

50 credits per topic.

- Healthy lifestyle
- Fitness
- Wellbeing
- Diet
- Nutrition

That's it! All done.

How many credits did you get?

If you got all the way here and completed all the activities you have given yourself a really good chance to succeed in GCSE PE.

Well done.