



AHS GCSE PE

Booklet 2

Health & Performance

Sport Psychology

Health & Performance

The Classification of Skills

Practice Structures

Goal Setting and SMART Targets

Guidance and Feedback

Mentally Preparing for Performance

Skills: Specific, defined tasks that can be learned and practised. They combine to be able to perform in the overall activity.

Classification of Skills

Skills can be placed on a sliding scale called a continuum.

A continuum is a visual guide to show where a skill fits into a specific category.

The Difficulty Continuum:



Simple/Basic skills:

Complex skills:

Task: Place the skills below on the **Difficulty Continuum**.



								
Handstand	Lay Up	Back Handspring Vault	Spike	Drop Kick	Underarm Serve	Overhead Kick	Chest Pass	Straddle Jump

Task: Choose two of the skills you have placed on the continuum. **Justify** why you have placed them where you have on the continuum.

Skill:
Justification:

Skill:
Justification:

The Environmental Influence Continuum:



Open

Closed

Open skills:

Closed skills:

Task: Place the skills below on the **Environmental Continuum**.



								
Football Pass	Golf Swing	Rugby Pass	Shot Put Throw	Hockey Shot	Dart Throw	Netball Pass	Lay Up	Tennis Serve

Task: Choose two of the skills you have placed on the continuum. **Justify** why you have placed them where you have on the continuum.

Skill:
Justification:

Skill:
Justification:

The Organisation Level Continuum:



Low

High

Low Organisation Skills:

High Organisation skills:

Task: Place the skills below on the **Organisation Level Continuum**.



Where would you place these two skills on the continuum?



Golf Swing



Tennis Serve

Task: Choose two of the skills you have placed on the continuum. **Justify** why you have placed them where you have on the continuum.

Skill:

Justification:

Skill:

Justification:

Type of Practice	Description	Advantages	Disadvantages	Practice is most useful for:
Fixed				
Variable				
Massed				
Distributed				

Goal Setting

Effective Goal Setting can:

1.

2.

3.

4.

5.

S

M

A

R

T

Setting SMART Targets

Examples of SMART Targets:

100m sprinter: Take 0.2 seconds off PB by the last race of the season

Striker in football: Score 12 goals this season compared to 9 last season

Rugby goal kicker: To improve my season's kicking percentage by 5% compared to last season

Trampolinist: To raise my tariff by 0.5 by the end of next month

Marathon runner: To take 2 minutes off my PB in the marathon at the end of the month

Write your own SMART targets:

1.

2.





3.

Reviewing Targets

Targets must be reviewed and performers must decide whether or not success has been achieved.

- If the goals have not been met; then new targets should be set to ensure continued motivation and to push the individual on to improve further.
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- If the goals have not been met, the process of evaluating why this was the case can often be extremely beneficial and inform further training, and future goal setting.

Types of Guidance to Optimise Performance

Type of Guidance	Explanation of Guidance	Advantages	Disadvantages
<p style="text-align: center;">Visual Guidance</p> 	<p>Guidance presented in a form that the performer can look at. E.g. a live demonstration, a film, a poster, a chart or court markings.</p>		
<p style="text-align: center;">Verbal Guidance</p> 			
<p style="text-align: center;">Manual Guidance</p> 			
<p style="text-align: center;">Mechanical Guidance</p> 			

Types of Guidance to Optimise Performance

Task: Look at the four scenarios below, decide which type of guidance would be best for each one.



A gymnast practising a vault for the first time.



A football coach changing the team's tactics at half time.

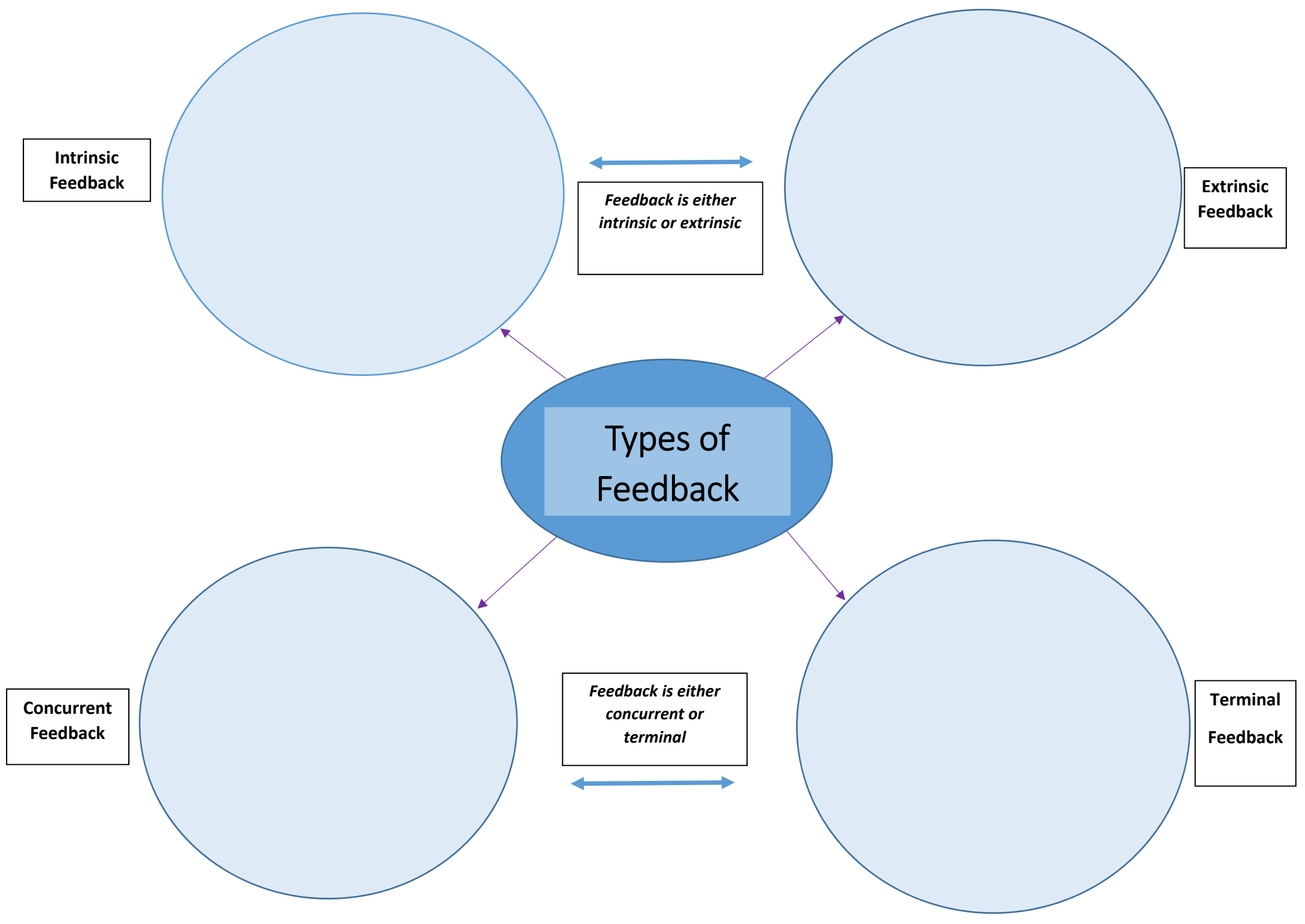


A PE teacher introducing a basketball shot to the class.



A young child learning to ride a bike.

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Mental Preparation for Performance



Psychological Warm Up

A **performer** gets **mentally ready** to give their very **best**.

Good mental preparation during a warm up ensures that all of a performer's attention is **totally focused** on the performance and nothing is able to distract them from the task at hand.



Tom Daley would use mental rehearsal before each dive, running through the different components to remember how it should look and feel.

Give some examples of sports performers who may use mental rehearsal:

- 1.
- 2.
- 3.
- 4.

Mental Rehearsal

Practising the skill in your **head** before actually doing it.

- 1.
- 2.

Mental Rehearsal can:

- 1.
- 2.
- 3.
- 4.

9 Markers – Edexcel Guidance

- 2 x 9 markers in each paper – 20-25% of your paper
- 3 mark bands- require linkage of points to show the required level of development. If a candidate ONLY demonstrates understanding through recall of knowledge they will not get out of mark band 1.

Level	Mark	Descriptor
	0	No rewardable material
1	1-3	<ul style="list-style-type: none">• Demonstrates isolated elements of knowledge and understanding, with limited technical language used (AO1).• Limited attempt to apply knowledge to question context (AO2).• Generic assertions may be presented (AO3 - evaluation).
2	4-6	<ul style="list-style-type: none">• Demonstrates mostly accurate knowledge and understanding, including appropriate use of technical language in places (AO1).• Applied knowledge to question context (AO2).• Attempts at drawing conclusions, with some support from relevant evidence (AO3 – evaluation).
3	7-9	<ul style="list-style-type: none">• Demonstrates accurate knowledge and understanding throughout, including appropriate use of technical language (AO1).• Applied detailed knowledge to question context throughout (AO2).• Reaches valid and well-reasoned conclusions supported by relevant evidence (AO3 – evaluation).

AO1) KNOW & UNDERSTAND QUESTION TOPIC: simple statement to recall, define, describe

AO2) APPLY KNOWLEDGE USING SPORTING EG's: link knowledge and understanding to the question.

AO3) ANALYSE & EVALUATE: justify and conclude your answer. Show wider knowledge.

9 Markers – 3 Steps

Step 1) Highlight A01, A02 and A03 within the question

Step 2) Plan your answer by breaking down your answers into the 3 row template

Step 3) Number templates into paragraphs

Q) Mechanical and manual guidance can be used when practising techniques in sport.

Assess the advantages and disadvantages of using mechanical and manual guidance when teaching a beginner to swim.

Points to Answer:

A01 –

A02 –

A03 –

Command Words

Access	Gathering opinions to make a judgement
Analyse	Break something down and examine
Classify	Grouping based on characteristics
Define	Definition of word/term
Describe	Detailed description
Discuss	Advantages & disadvantages
Examine	Justified answer based on analysis
Explain	Justified answer with linked reasoning
Evaluate	Supported judgement in relation to question context e.g. sport or sports performer in question
Justify	Give reasons for your answers
Predict	Predict what is likely to happen in the future
Relative	Judgement based on order of importance
State	Recall facts

The meaning of key words which will be in exam questions
Can be found at the back of you pop quiz booklets

Physical, Emotional & Social Health, Fitness & Well-Being

Health & Performance



Well-Being: "The state of being comfortable, healthy or happy"

Health: A state of complete emotional, physical and social well-being and not merely the absence of disease and infirmity

Effects of Exercise on Physical Health

Benefit of Exercise on Physical Health	How is it Achieved
Improvement in all areas of HRE	
Increased Bone Density – preventing Osteoporosis	
Reduced chance of Obesity/Maintain Optimum Weight	
Reduced chance of Coronary Heart Disease	
Reduced chance of Strokes	

Negative Effects: Overexertion (leading to heart attacks & strokes) & overuse injuries

Effects of Exercise on Emotional Health

Benefit of Exercise on Emotional Health	How is it Achieved
Increased Self-Esteem & Confidence	
Aesthetic Appreciation -See beauty in performance	
Relieve Stress & Stress/Mental Illness	
Competition	
Reduce Boredom	

Negative Effects: Addictive. Injury & Inactivity leading to depression. Competition pressure

Effects of Exercise on Social Health

Benefit of Exercise on Social Health	How is it Achieved
Developing Friendships & Social Mixing	
Improved Co-operation	
Increased social activities and therefore will not engage in antisocial behaviour)	

Negative Effects: Long training hours means a lack of social time

5 Lifestyle Choices

1. Diet

2. Activity Levels

**3. Work/Rest/Sleep
Balance**

4. Alcohol

5. Smoking

Exam Questions

Q1) Taking part in physical activity on a regular basis can reduced the risk of heart disease and high blood pressure. Explain one other health risk that can be reduced through long-term physical activity (3 marks)

.....

.....

Q2) Use an example to explain how poor physical health can affect performance in physical activity (3 marks)

.....

.....

Q3) Using an example explain how self-esteem can be increased through physical activity (3 marks)

.....

.....

Q4) Identify two possible negative effects of smoking on the cardiovascular system and two on the respiratory system (4 marks)

.....

.....

Q5) Explain why the government recommends that teenagers like Eddie have 8 to 10 hours of sleep every night (3 marks)

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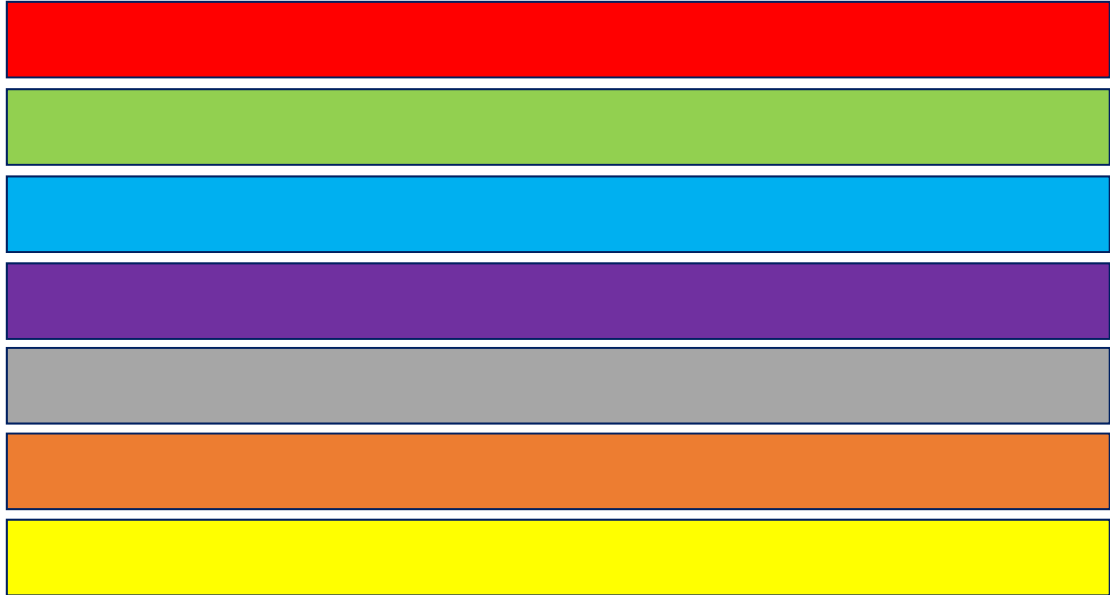
Exam Tip: Questions in this section are likely to be open questions, which will require a longer answer

Energy Use, Diet, Nutrition & Hydration

Health & Performance

7 Components of a Balanced Diet

CAN FAT PLAYERS MOVING VERY FAR WIN



A Balanced Diet: Eating right food (including macro & micro-nutrients) in the right amount to enable us to work & exercise properly

Q1) Is your diet balanced? Explain your answer, remembering to think about all seven components of a balanced diet.

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Q2) What do you need to add or remove from your diet to make it balanced?

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7 Categories of a Balanced Diet

3 Macro-Nutrients (Energy, Growth & Repair)

Carbohydrates Simple Complex			
Fat Saturated Unsaturated			
Protein			

2 Micro-Nutrients (Maintain Good Health)

Vitamins			
Minerals			

Fibre			
Water (Hydrate)			

Dietary Manipulation – 4 Ways

1) Carbo-Loading: *1 to 4 days before an event*

Strategy used by endurance athletes to increase the stores of glycogen in their muscles and liver to produce energy for performance



2) High Protein Diet: *Immediately after exercise*



3) Isotonic Energy Drinks/Hydration:

Strategy used to rehydrate, replace electrolytes and boost energy



4) Vascular Shunting:

4 Factors Affecting Optimum Weight

The most favourable weight to produce their best performance in their sport

- 1)
- 2)
- 3)
- 4)



H
M
G
B



Mako Vunipola and Anthony Watson both represented England in rugby. They are roughly the same height but their optimum weight is vastly different, can you explain the variation? (3 marks)



Variation in Optimum Weight - Exam Question:

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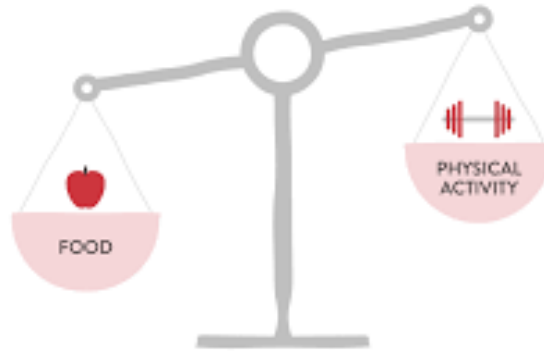
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Energy Balance- Calories

Metabolic Rate: “The rate at which metabolic processes take place; the rate at which a body uses up energy”



How do we gain weight?

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.....

How do we maintain weight?

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.....

How do we lose weight?

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.....

Exam Questions

Q1) Think of three different sports people that would require different balances of the three macronutrients & explain why?

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.....

Q2) Explain why a shot put athlete should think about their timing of protein intake?

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Q3) State one health condition that can develop if you do not have enough of it in your diet and how it could affect performance in physical activity and sport.

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Q4) Discuss why different sports have different daily calorie requirements.

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Q5) How do the dietary requirements of a rugby player and jockey differ as a result of the different demands placed on their bodies?

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Q6) What are the 4 factors that determine optimum weight?

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.....

Q7) What is a balanced diet?

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.....
.....

9 Markers – 3 Steps

Step 1) Highlight A01, A02 and A03 within the question

Step 2) Plan your answer by breaking down your answers into the 3 row template

Step 3) Number templates into paragraphs

Q) Evaluate the need for an endurance athlete to maintain a balanced diet.

Points to Answer:

A01 –

A02 –

A03 –

The Consequences of a Sedentary Lifestyle

Health & Performance

Sedentary Lifestyle: “A lifestyle where there is little, irregular or no physical activity”

Should aim to be active, exercise or play sport at a moderate intensity for 1 hour a day

Sedentary Lifestyle

7 Linked Long Term Health Problems

1) Heart Disease:

2) Diabetes

Type 1:

Type 2:

3) Osteoporosis:

4) Loss of Muscle Tone & Poor Posture:

5) Negative Impact on Components of Fitness:

6) Depression:

7) Weight Gain – Obesity

Interpreting Data – Impact of a Sedentary Lifestyles

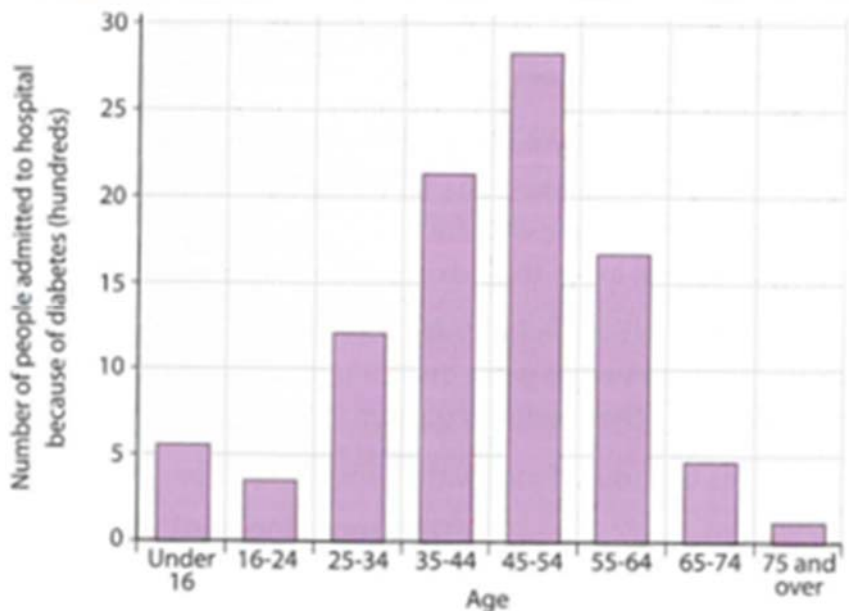


Figure 2.2 People admitted to hospital in 2013 because of diabetes, by age group

- Q1) What age group has the most cases of diabetes?.....
- Q2) Which age group has the lowest number of diabetes?
- Q3) How many people were admitted to hospital because of diabetes?.....

Q1) In which year did the highest number of women go to hospital due of diabetes?

.....

Q2) Describe the broad trend in people going to hospital because of diabetes from 2003/04 to 2013/14?

.....

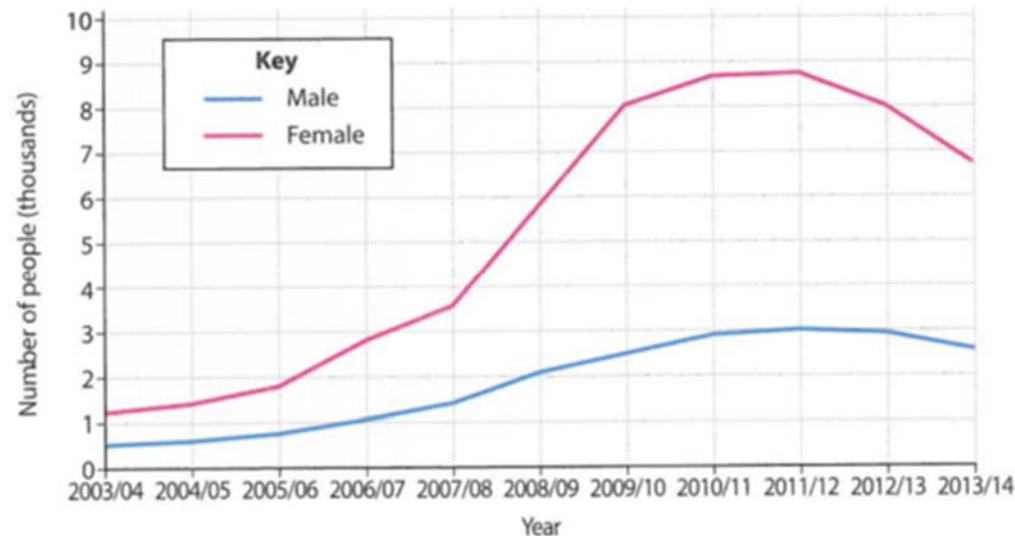


Figure 2.3 Number of people going to hospital because of diabetes from 2003/04 to 2013/14 by gender

Exam Questions

Q1) Give an example of a lifestyle choice & explain a potential health problem due to this lifestyle (3 marks)

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Q2) Explain the difference between being overfat and being overweight (3 marks)

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.....

Q3) Identify two physical health risks associated with being obese (2 marks)

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.....
.....

Q4) Explain one impact of being overfat on achieving sustained involvement in physical activity (3 marks)

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.....
.....

Q5) There are three weight issues; overweight, overfat & obese. Explain why a sumo-wrestler, jockey and rugby player may view the impact of these issues on their performance differently

(3 marks)

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.....
.....

Engagement & Participation

Health & Performance

Number of people taking part in sport is rising but 58% of the population play no sport

Personal Factors Affecting Participation

5 Target Groups (SAGED) - low participation & under-represented

S
A
G
E
D



8 Barriers to Participation

- | | |
|----|----|
| 1) | 5) |
| 2) | 6) |
| 3) | 7) |
| 4) | 8) |

Trends in Participation Rates

* Currently 40% of men play sport at least once a week, compared to 30% of women. At a younger age, men are much more likely than women to play sport. But this difference declines sharply with age

* 54% of 16-25 year olds take part in at least one sports session a week, compared to 32% of adults

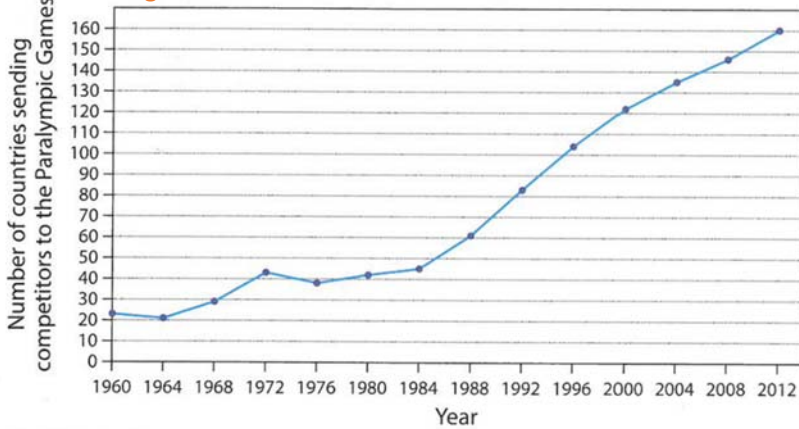
* Participation is highest among managerial/professional workers and intermediate social groups. It is lowest among manual workers and unemployed people

* The number of both black and minority ethnic and white British adults playing sport is increasing

* 17% of disabled people are playing sport regularly, up from 15% in 2005/6

Interpreting Data – Participation Rates

Figure 1.0



Q1) What does Figure 1.0 tell you about the number of countries sending competitors to the Paralympic Games between 1960 & 2012?

.....

.....

.....

.....

Q2) What does figure 2.0 tell you about the number of competitors taking part in the Paralympic Games between 1960 & 2012?

.....

.....

.....

.....

Q3) Make a prediction based on your analysis of the trends. What would you expect 2016's data to show?

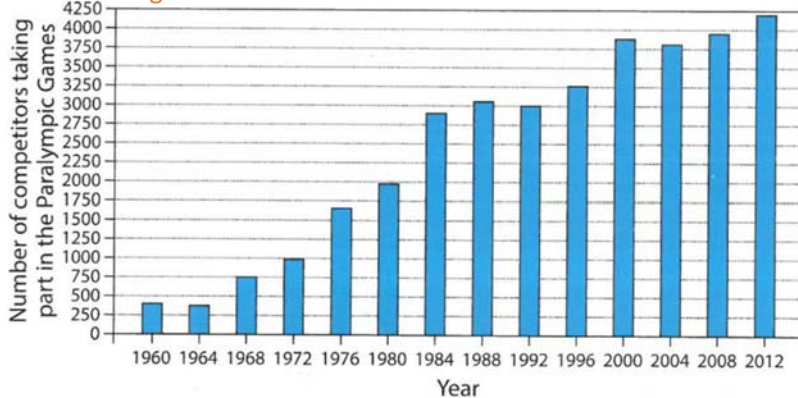
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.....

Figure 2.0



Exam Questions

Q1) According to Sport England's Active People Survey, during the period April 2012 to 2013, 54.7% of 16-25 year olds play sport once a week, whereas 31.4% of adults aged 26 years or older played sport once a week.

Give a reason for the different participation rates of the two age groups

.....

Q2) A survey in England studying the participation rate for cricket highlighted the rates for different ethnic groups Pakistani (10%), Black Other (8%), Indian (6%) men, which compares with the average for all men of 2%

Explain two reasons for the different levels of participation between different ethnic groups

.....

.....

Q3) Paul is a wheelchair user and wants to play wheelchair basketball. Describe a potential barrier Paul could face when taking up this sport

.....

.....

Commercialisation

Health & Performance

Advantages & Disadvantages of Commercialisation

Advantages

Disadvantages

Sponsors

Advantages

Disadvantages

Spectators

Advantages & Disadvantages of Commercialisation

Advantages

Disadvantages

The Sport

Advantages

Disadvantages

Players

=

Sporting Behaviour & Deviance in Sport

Health & Performance

Different Types of Sporting Behaviour

Deviance:



Gamesmanship:



Sportsmanship:



Why do athletes resort to deviance?

What are the consequences for deviance?

What is being done to prevent deviance? Is it getting worse?

What does sportsmanship & gamesmanship create?

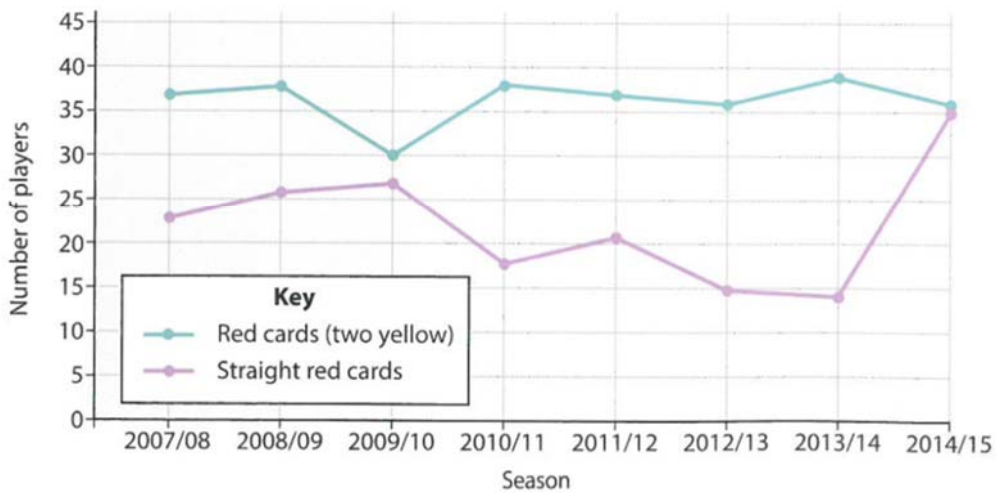
Interpreting Data – Deviance

Season	Red Cards (two yellows)	Straight Red Cards	Total Number of Red Cards Issued
2007-08	23	37	
2008-09	26		64
	27	30	57
2010-2011		38	56
	21	37	58
2012-13		36	51
	14	39	
2014-15	35		71

Table 2.5 Table to show the number of red cards given in Premiership matches from 2007/08 to 2014-15

Q1) Use the information from the graph in figure 2.8 to complete the blank spaces in table 2.5

Figure 2.8 Graph to show the number of red cards given in Premiership matches from 2007/08 to 2014-15



Q2) Discuss what this information reveals about the general trends in fouls and misconduct in football?

.....

.....

Q3) Are the number of red cards increasing or decreasing?

.....

.....

Q4) Is this the same for 'straight' red cards and for red cards given after two yellow cards?

.....

.....

Q5) What factors might account for this?

.....

.....

9 Markers – 3 Steps

Step 1) Highlight A01, A02 and A03 within the question

Step 2) Plan your answer by breaking down your answers into the 3 row template

Step 3) Number templates into paragraphs

Q) Discuss the view that sportsmanship is being replaced by gamesmanship in professional sport.

Points to Answer:

A01 –

A02 –

A03 –

