

Revision Series 2022
Edexcel GCSE Physical Education







Paper 2

◆ Notes pages ◆



The EverLearner

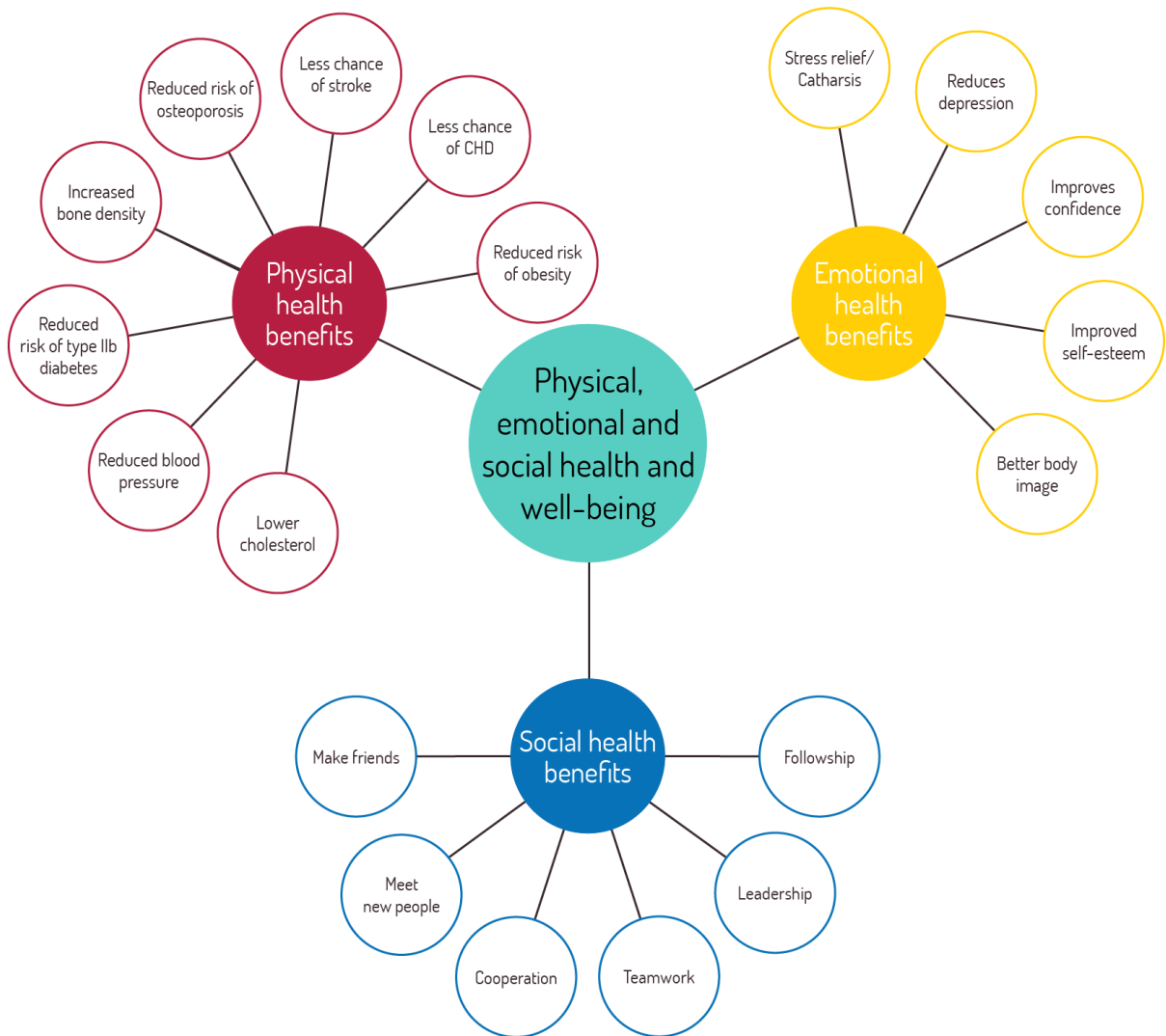
Welcome to the 2022 Revision Series for Edexcel GCSE Physical Education! We hope you find it useful. Before we start, please make sure you have all of the documents below, as they will be great help for your revision:

-  Notes pages
-  Practice questions
-  Mark schemes
-  Model answers
-  Infographics
-  Revision timetable

You will find all these documents on our [Edexcel GCSE PE Revision page](https://pages.theeverlearner.com/2022-edexcel-gcse-pe-revision) (<https://pages.theeverlearner.com/2022-edexcel-gcse-pe-revision>).



Physical, emotional and social health



*Only physical and emotional listed on the AEI

Notes



Consequences of a sedentary lifestyle

Sedentary lifestyle

A sedentary lifestyle is sitting and lying down too much.

Consequences of a sedentary lifestyle		
Weight	Risk to long-term health	Reduced fitness
<ul style="list-style-type: none">● Overweight● Overfat● Obese	<ul style="list-style-type: none">● Depression● CHD● High blood pressure● Diabetes● Osteoporosis● Loss of muscle tone● Poor posture	<ul style="list-style-type: none">● Reduced strength● Reduced flexibility● Reduced CV endurance

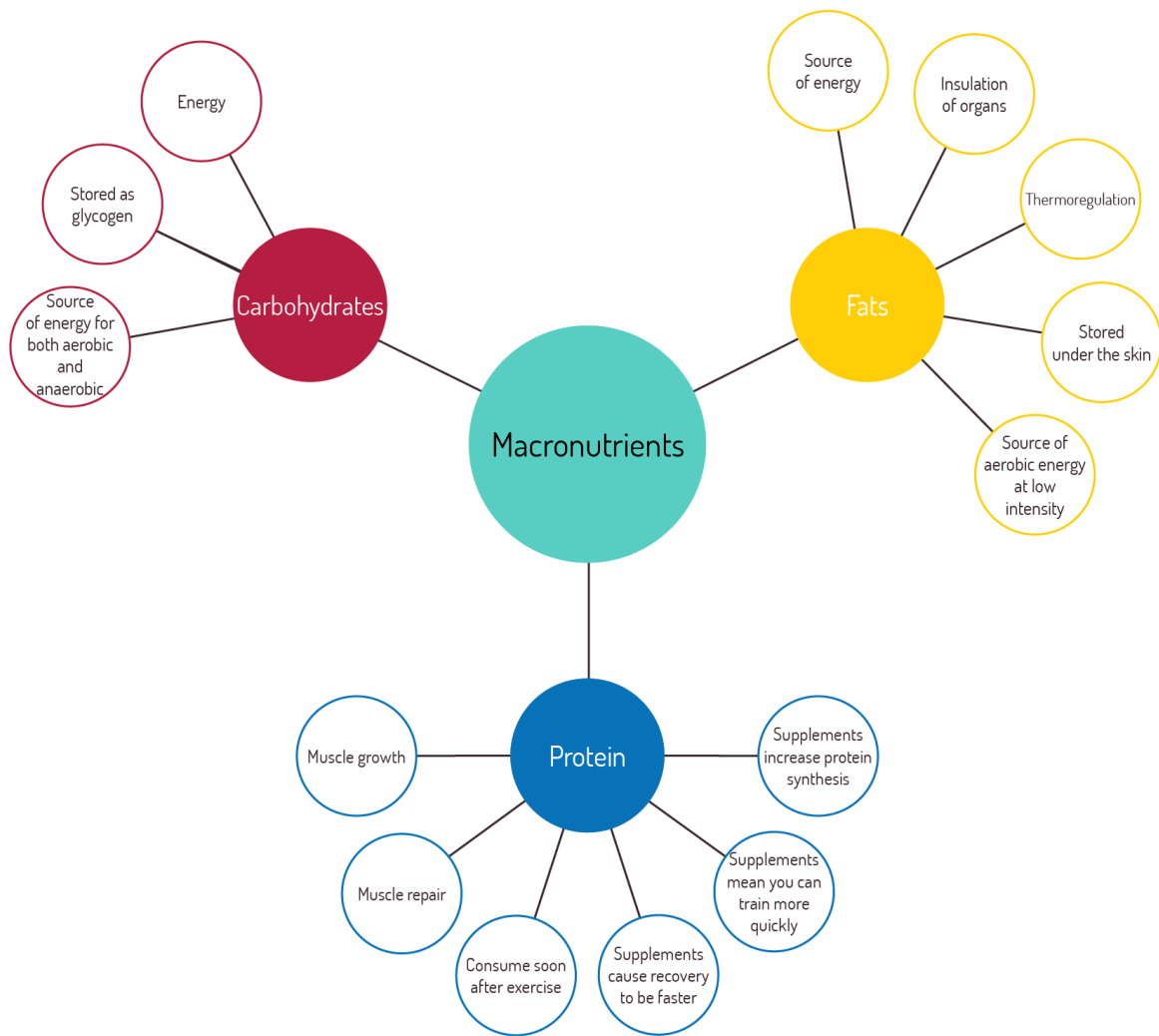
Notes



Balanced diet

Notes





Notes



Micronutrient

Minerals: Trace elements that the body cannot produce itself

Calcium	Iron	Zinc
<ul style="list-style-type: none">● Required to increased bone density● Required to keep bone strong● Prevents fractures	<ul style="list-style-type: none">● Forms haemoglobin (oxygen bonds with iron)● Increases oxygen carrying capacity● Decreases fatigue● Decreases production of arctic acid indirectly)	<ul style="list-style-type: none">● Promotes healing● Helps with cell growth (mitosis)● Supports the immune system● Keeps an athlete healthy● Helps fight sickness (prevents reversibility)

Notes



Vitamins



For immunity, vision and skin



For releasing energy from food



Keeps cells healthy and skin and blood vessels



Keeps bones, teeth and muscles healthy



For healthy skin and eyes

Notes



Fibre

Water



Classification of skill

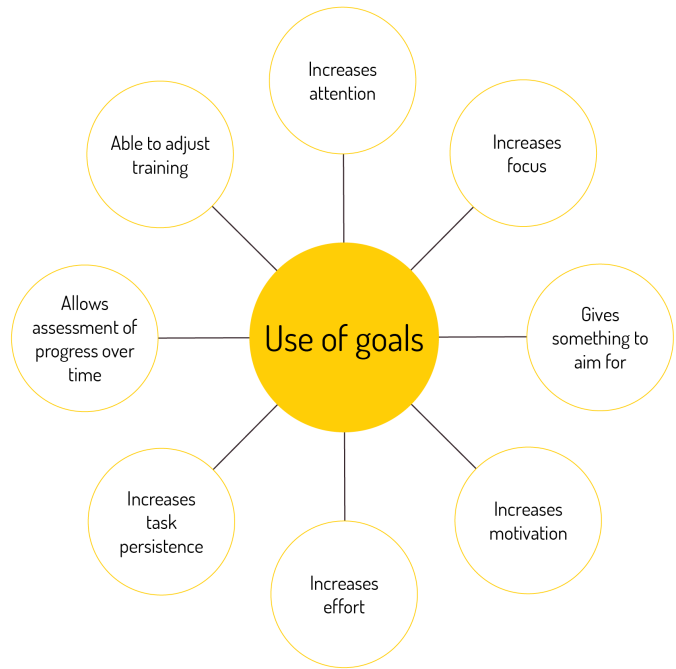


Notes



Goal setting

- S** Specific
- M** Measurable
- A** Achievable
- R** Realistic
- T** Time-bound



Notes



Feedback

Feedback

- Feedback helps to correct errors in technique or improve performance.
- Feedback is used to reinforce the correct technique.

Types of feedback				
	Intrinsic	Extrinsic	Concurrent	Terminal
	<ul style="list-style-type: none">● Comes from the performer themselves● Feeling of the skill	<ul style="list-style-type: none">● Information from an external source● Coach, team mates, parents● Instructions● Tactics● Praise/criticism	<ul style="list-style-type: none">● Feedback whilst the performance takes place	<ul style="list-style-type: none">● After the skill has been completed
Positives	More suitable for experienced performers	Good for beginners	Skill can be adjusted	No time restriction
Negatives	Less suitable for novices	Less useful for advanced	Not possible for fast skills	Skill cannot be adapted as it has ended

Notes



Factors affecting participation

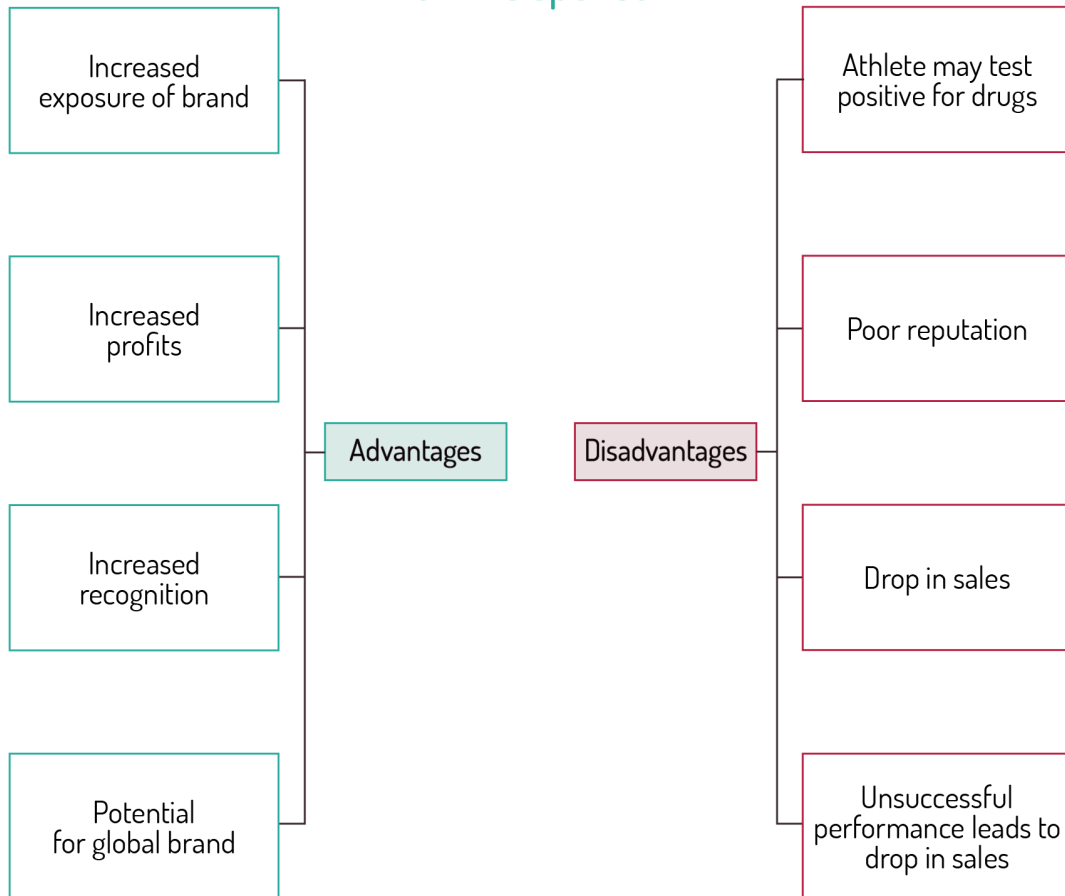
Factors affecting participation				
Age	Socio-economic group	Gender	Disability	Ethnicity
<ul style="list-style-type: none"> • Adults earn money • Adults can afford more expensive sports. • Adults may have less time. • Younger people have less access to transport. • Younger people restricted to local opportunities. • Elderly may be more frail. • Fewer activities for the elderly. 	<ul style="list-style-type: none"> • Wealthier people have more money. • Wealthier can afford more expensive sports. • Less wealthy play cheaper sports. • Less wealthy might choose boxing or athletics. 	<ul style="list-style-type: none"> • Male sport is dominant. • Fewer female role models. • Less female media coverage. • Fewer clubs for females. • Female dropout rate. • Less sponsorship for female sport. • Less funding for grassroots girls sport. 	<ul style="list-style-type: none"> • Paralympic sport is less valued than olympic. • Less media coverage. • Fewer role models. • Need for adapted sports. • Disabled face more barriers of kit, equipment and access. 	<ul style="list-style-type: none"> • Very few non-white people in sport admin. • Very few non-white people in sport coaching. • Non-white participation is focussed in some sports and not all. • Fewer role models in some sports for non-whites.

Notes



Advantages and disadvantages of commercialisation and media

Impact of commercialisation on the sponsor

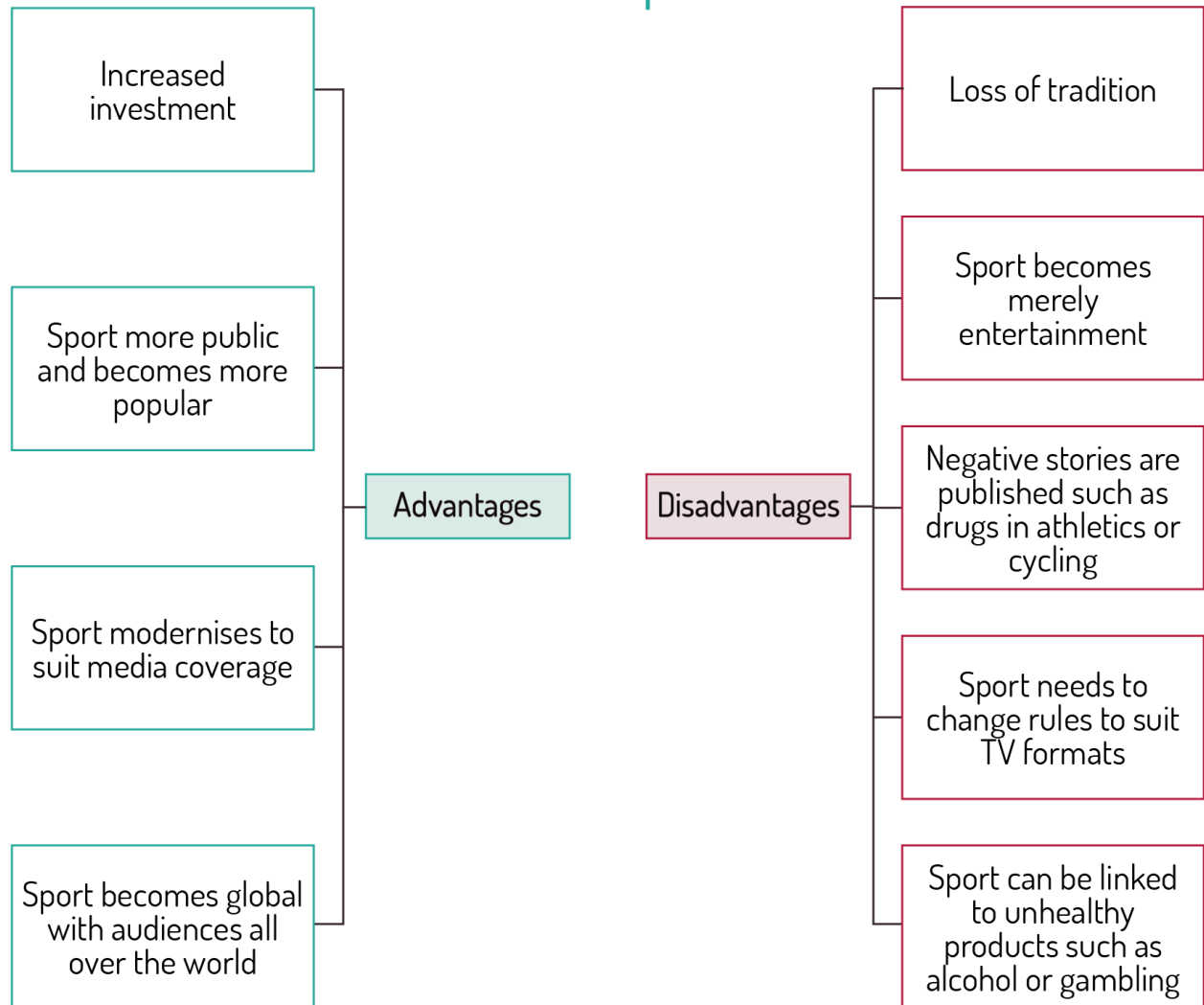


This topic is likely to feature in "Evaluate" questions.

Notes



Impact of commercialisation on the sport

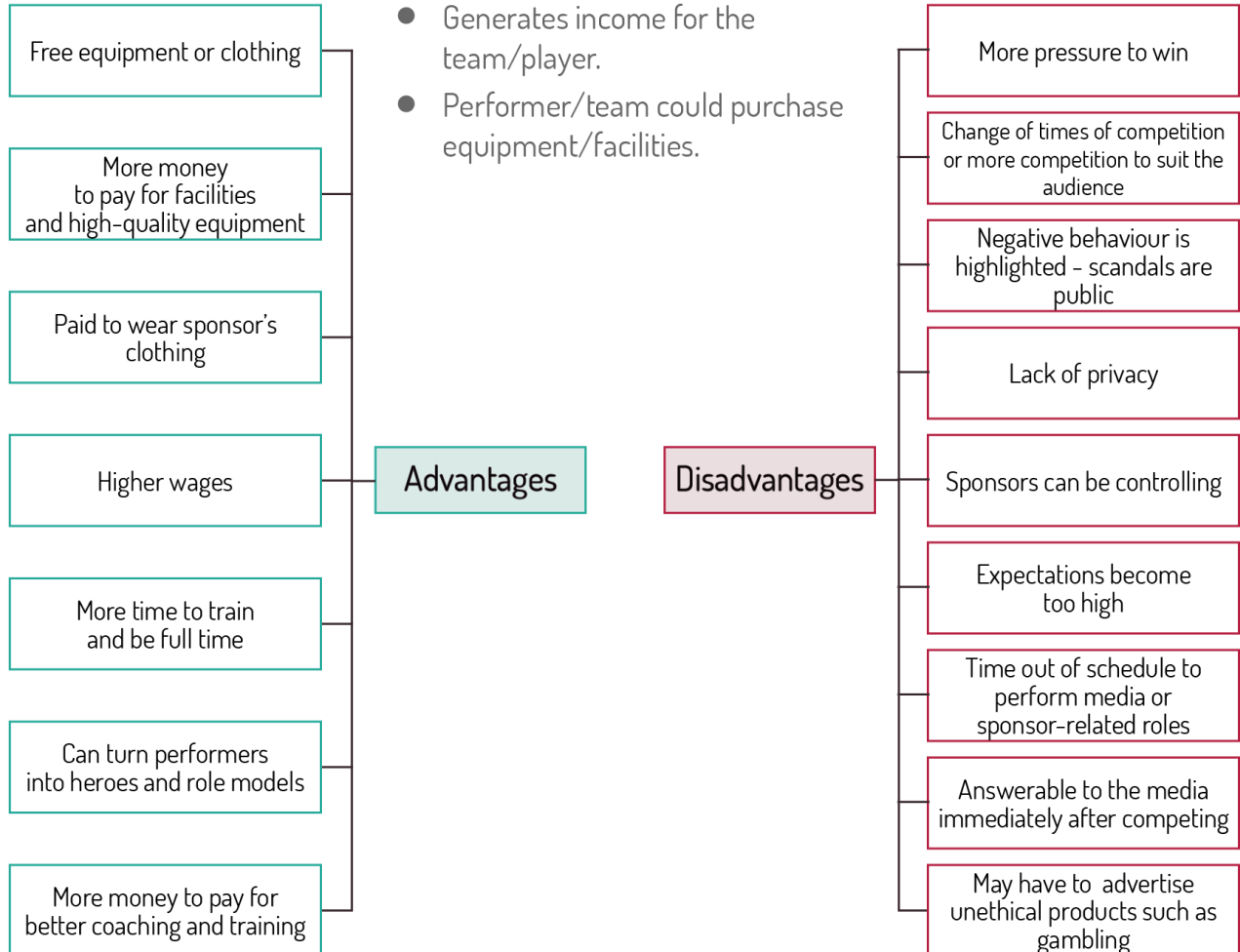


This topic is likely to feature in "Evaluate" questions.

Notes



Impact of commercialisation on the player/team

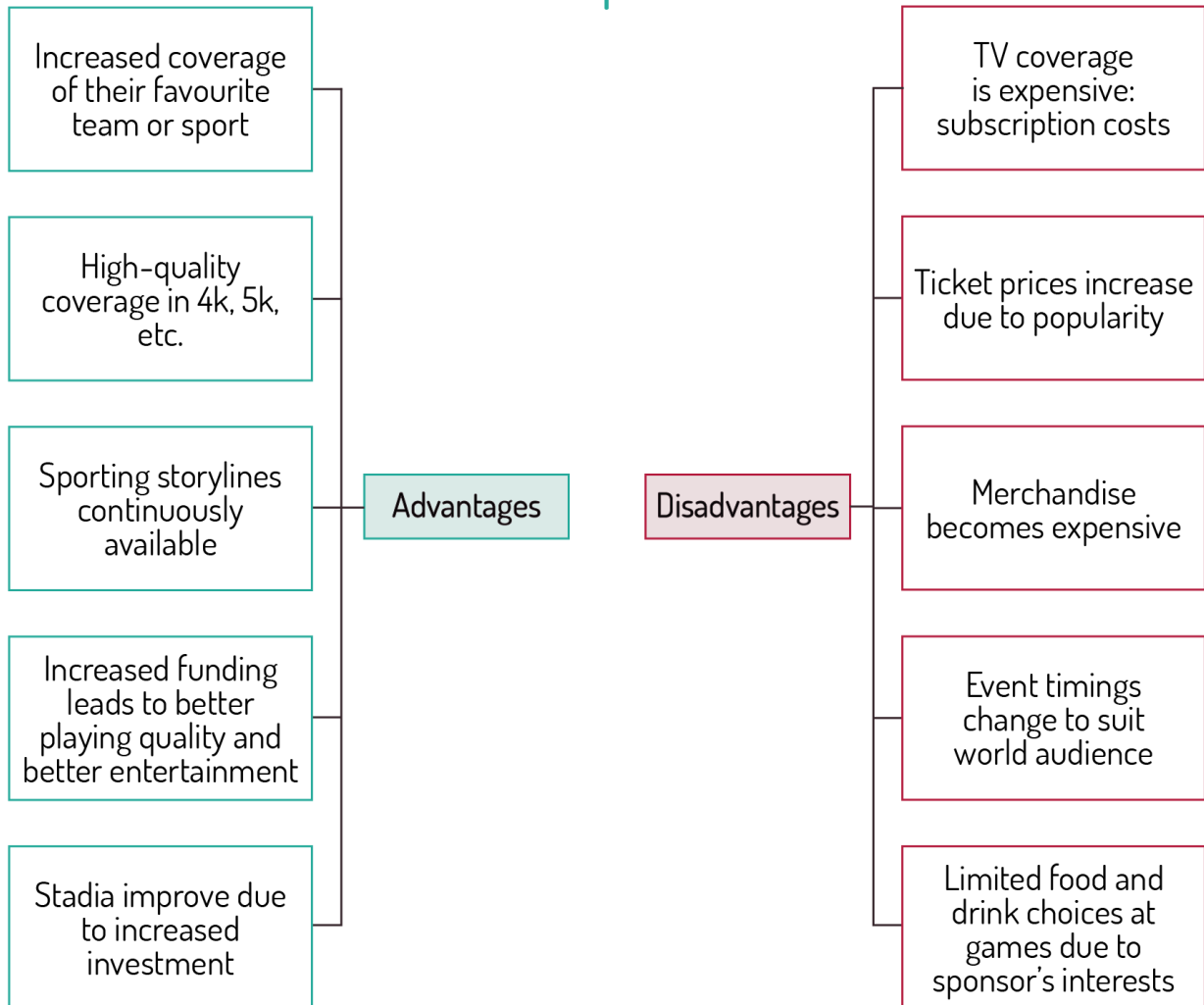


This topic is likely to feature in "Evaluate" questions.

Notes



Impact of commercialisation on the spectator

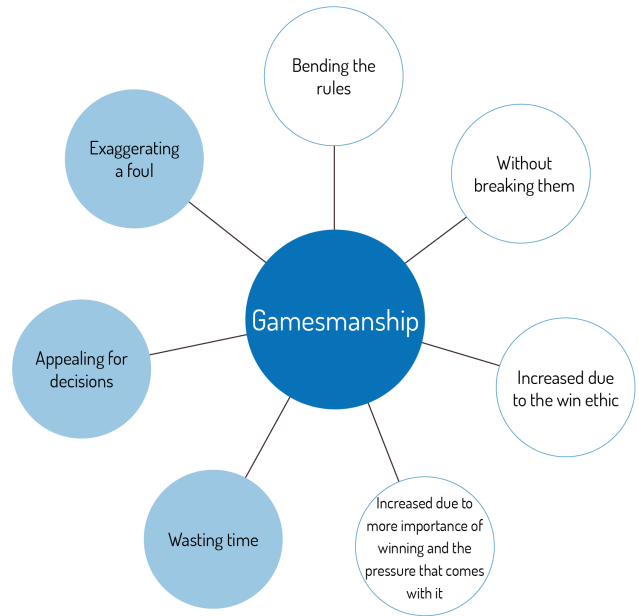
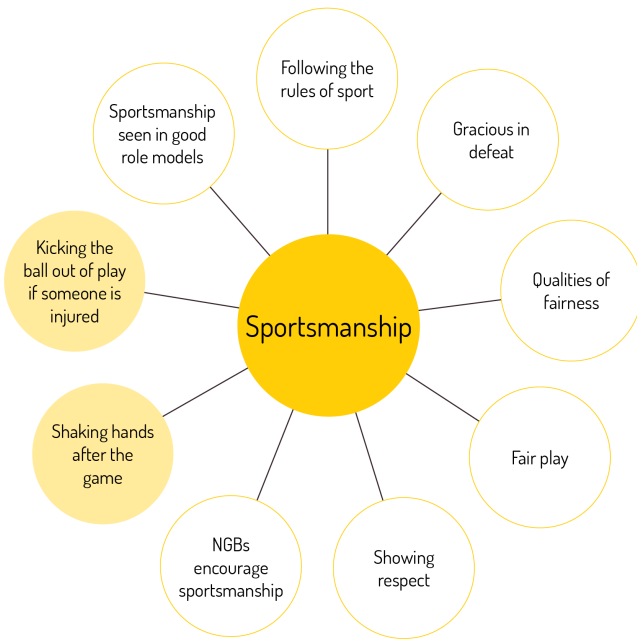


This topic is likely to feature in "Evaluate" questions.

Notes



Sporting behaviour



Notes



Deviance		
Deviance	Reasons for deviance	Consequences of deviance
<ul style="list-style-type: none"> ● Performer cheats ● Outside of the rules ● Match fixing ● Doping ● Violence ● Faking injury ● *Overtraining (positive deviance) 	<ul style="list-style-type: none"> ● Win at all costs ● Rewards/money/fame ● Pressure from a coach ● Culture of cheating (cycling in the 1990s and 2000s) ● Frustration ● Increase chances of winning 	<ul style="list-style-type: none"> ● Bans ● Fines ● Loss of sponsorship ● Negative role model ● Loss of reputation ● Imprisonment ● Loss of medals

Notes

