TEL PE Revision

Revision Series 2022

OCR GCSE Physical Education

Paper 2

• Notes pages •

The EverLearner

Welcome to the 2022 Revision Series for OCR 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 OCR GCSE PE Revision page (https://pages.theeverlearner.com/2022-ocr-gcse-pe-revision).

Physical activity and sport in the UK

Levels of activity

Nov 20-21

Active

SPORT ENGLAND

Summary of demographic differences

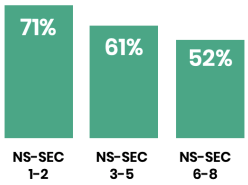
Our data shows there are significant inequalities:

1 Gender

Men (63% or 14.0m) are more likely to be active than women (60% or 13.9m).

2 Socio-economic groups

Those in routine/ semi-routine jobs and those who are long-term unemployed or have never worked (NS-SEC 6-8*) are the least likely to be active (52%).

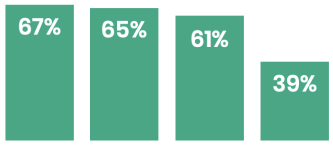


Link to data tables

*See our definitions page for the full definition of each demographic group.

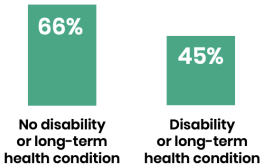
3 Age

Activity levels generally decrease with age, with the sharpest decrease coming at age 75+ (to 39%).



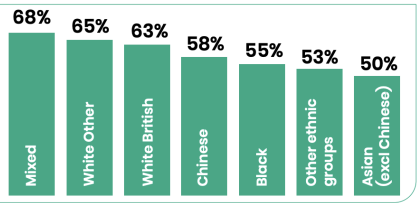
4 Disability and long-term health conditions

Activity is less common for disabled people or those with a long-term health condition* (45%) than those without (66%).



5 Ethnicity

There are differences in activity levels based on ethnic background.



Additional demographic breakdowns for sexual orientation, faith, working status and education stage can be found in the data tables.

Levels of activity

Nov 20-21

SPORT ENGLAND

Summary of change

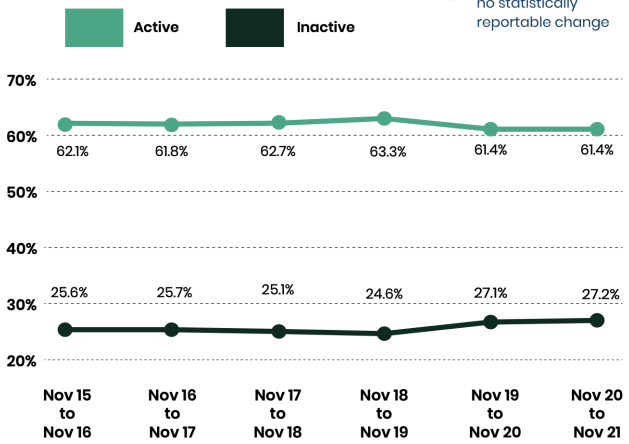
The coronavirus pandemic, which saw unprecedented restrictions applied to everyday life, has resulted in a clear drop in activity levels since the last full pre-pandemic reference point (Nov 18-19). However as the pandemic has progressed, activity levels have stabilised and no further annual changes have been recorded, compared to 12 months ago.

Compared to pre-pandemic (Nov 18-19) we see:

- 0.6m (-1.9%) fewer active adults
- 1.3m (+2.6%) more inactive adults.

All adults (aged 16+)

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change



Link to data tables

For details on how we measure change, see the notes pages.

Levels of activity | Ages 16-54

Nov 20-21

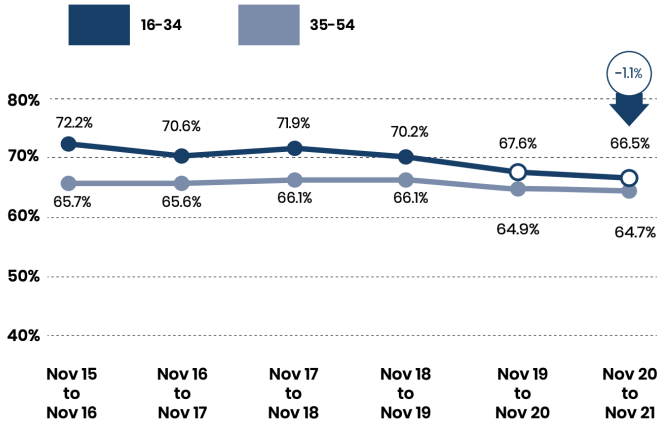
Activity levels continue to fall among young adults

Activity levels were falling before the pandemic hit among young people aged 16-34. The pandemic has accelerated this, with a further drop of 3.7%, or 607,000, fewer active young people compared to Nov 18-19. Over the last five years, this represents nearly a million (5.7%) fewer active young people as other priorities increasingly fill their lives - be that technology or busy lifestyles.

Among the 35-54 age group, activity levels have followed a similar pattern to the population overall, seeing a drop in those who are active (down 1.4% or 235,000) compared to pre-pandemic (Nov 18-19) but no further change compared to 12 months ago.

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

Active: 150+ minutes a week
Annual picture



Link to data tables

Volunteering | Frequency

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

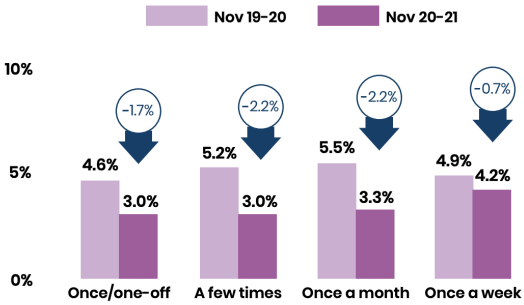
Nov 20-21

Volunteer numbers fell sharply compared to 12 months ago

Those volunteering once a week throughout the year saw a smaller drop, compared to 12 months ago, than less regular forms of volunteering. This indicates volunteering among those doing so regularly was the most resilient during the pandemic.

In total more than 6.6m, or 14%, adults have given up their time to support sport and physical activity at some point across the latest 12-month period (Nov 20-21) – a drop of 3.1m adults, or 6.9%, compared to 12 months ago.

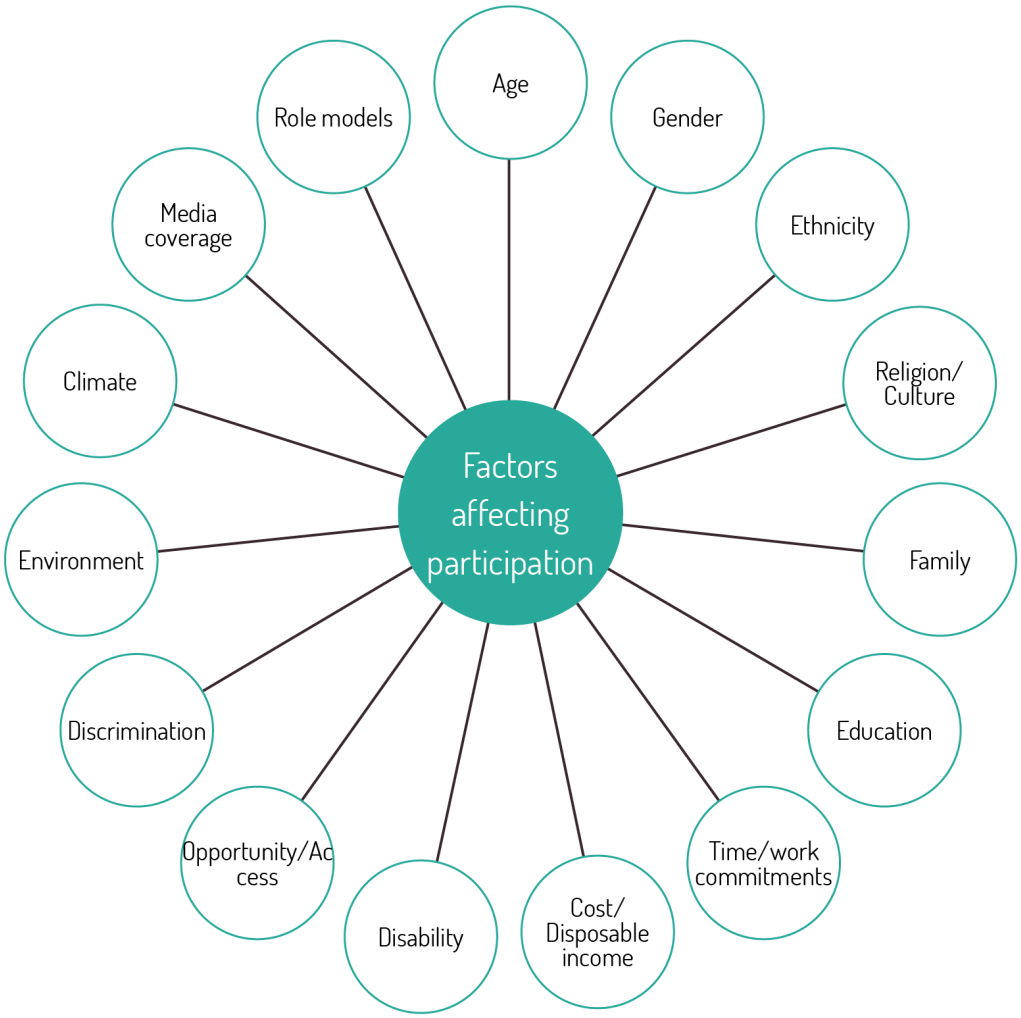
Volunteered to support sport and physical activity in the last 12 months



Note: Data is only available since November 2019-20 and this reference period includes eight months of coronavirus restrictions. As such it's not possible to make comparisons to pre-pandemic or establish whether there's been any recovery.

Link to data tables

Participation in physical activity and sport



Notes

Factors affecting participation - Age	Discrimination	View that sports are for younger people
		"Too old" to take part
	Role models	Fewer elderly role models
	Opportunity/Access	Elderly may need help with transport
	Media coverage	Coverage focuses on younger people
		Encourages elderly to be spectators only
	Family commitments	Working parents have less time due to families
		Less time due to grandchildren
	Time/work commitments	Working age have little time due to work
		More time during retirement
	Education	Many adults have not learned enough about movement for health and physical literacy
	Cost/Disposable income	Financial commitments increase as people get older
	Disability	Few versions for the elderly
		Walking football

Notes

Factors affecting participation - Ethnicity	Discrimination	Different cultural attitudes to the importance of sport
		Role-specific stereotypes for different races
		The "fast black athlete"
		The "smart white athlete"
	Role models	Disproportionately fewer non-white role models in some roles
		Very few non-white role models in sporting admin
	Religion/Culture	Fasting during Ramadan may affect participation
		Recent migrants to the country may have less understanding of British sporting customs and practices
	Family	Many Asian communities very focussed on family first

Notes

Factors affecting participation - Gender	Discrimination	Male sport is dominant
		Female sport undervalued
		Traditional image of the "tomboy"
		Traditional image of the "sissy" for a non-aggressive, less physical male
	Role models	Fewer female role models
	Opportunity/Access	Fewer female clubs in many sports
		Some female-only clubs or sessions at clubs
		Increased availability of female-focussed activities
	Media coverage	Female sport coverage judged to be at 5% of male
	Family	Females do more domestic chores
		Females do more childcare
		"Double shift"
	Time/Work commitments	Females have less especially females with children
	Education	Females participate in different sports at school to males
	Cost/Disposable income	Females tend to have less disposable income

Notes

Goal setting

- S Specific
- M Measurable
- A Achievable
- R Recorded
- T Timed

Notes

Guidance

Visual guidance

- Video guidance
- Wall chart
- Demonstration
- Mental picture

Positive

- Provides a mental picture for beginners
- Provides a mental picture for beginners

Negative

- Demonstration might be poor quality
- Can be time-consuming
- No kinaesthetic sense

Notes

Verbal guidance

- **Positive**
  - Can be combined with visual, manual or mechanical
  - Can be individual or group
  - Quick/immediate
  - Good for fine tuning
  - Motivating
  - Leads to a better understanding of the skill
- **Negative**
  - Can lead to overload of information
  - Information can be inaccurate or misleading
  - Can cause misunderstandings
  - No mental picture
  - No kinaesthetic sense

Notes

Manual guidance

Physically guiding a performer

Physically manipulating a performer

- Positive
  - Leads to a kinesthetic sense of the skill
  - Can build confidence
- Negative
  - Can lead to over-reliance
  - Sense of false security
  - Slows down the learning

Notes

Mechanical guidance

Use of physical aids

Harness

Bowling machine

Coloured cones

Positive

- Leads to a kinesthetic sense of the skill
- Can build confidence

Negative

- Can lead to over-reliance
- Sense of false security
- Slows down the learning

Notes

Feedback

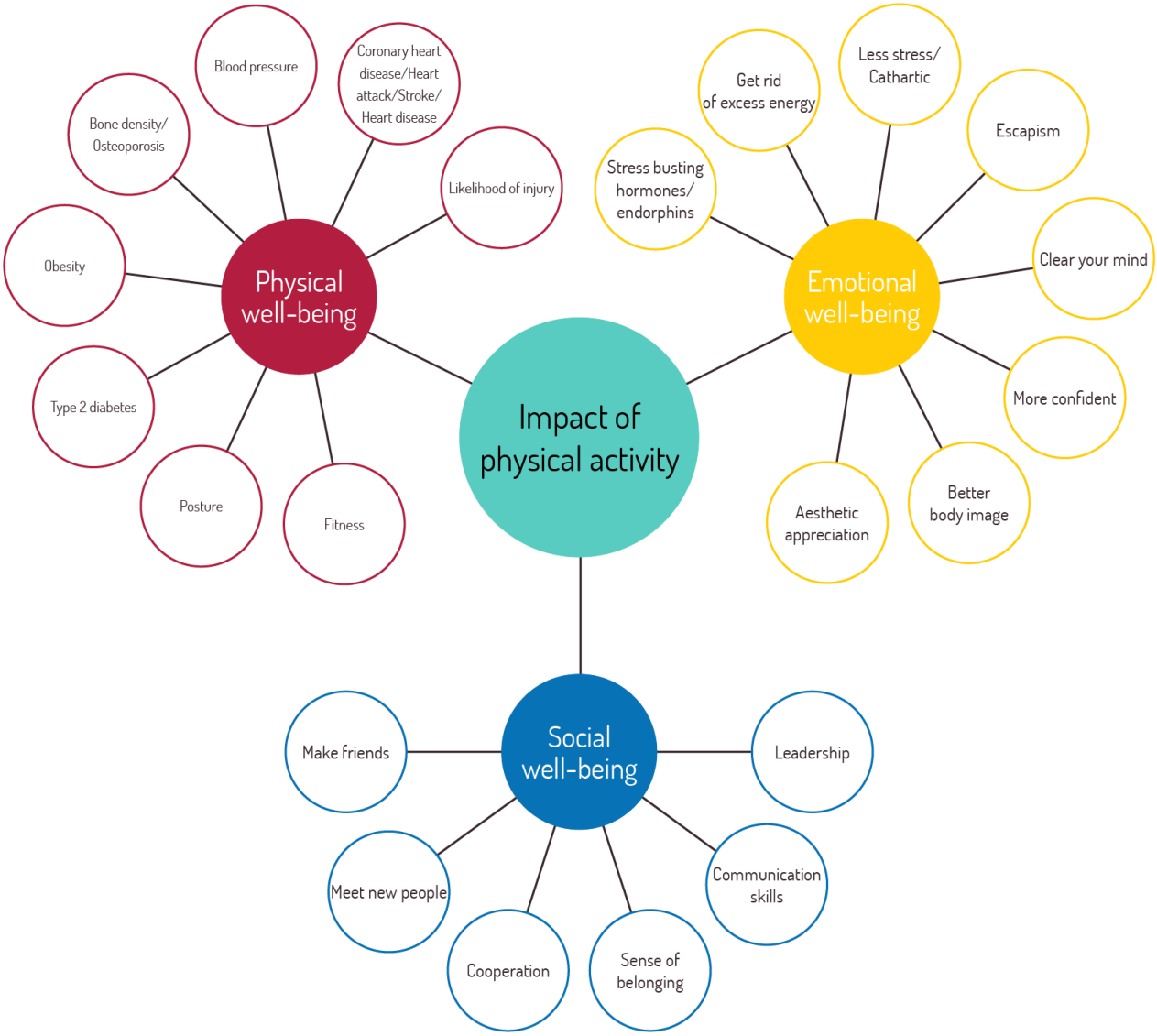
Types of feedback					
Intrinsic	Extrinsic	Knowledge of performance	Knowledge of results	Positive feedback	Negative feedback
• From within the performer • Kinaesthetic sense • Sense of balance • Feeling of performance	• From beyond the performer • From a coach • From the environment • From a teammate • From an outcome	• Information on technique • Information on tactics • Information on how successfully a skill has been performed • How well they have played	• Terminal feedback about the outcome • Knowing the score • Knowing the result	• Praise • Encouragement • Leads to better technique • Leads to behaviour repetition	• Information about an unsuccessful performance • Information about weaknesses • Losing final score • Critical information • Can lower confidence • Important for elite athletes

Notes

Health, fitness and well-being

Definitions of health and fitness	
Health	**Fitness**
• A state of complete physical mental/emotional and social wellbeing • Free from illness or injury	• A person's capacity to carry out activity without getting tired • What your body is capable of in sport • Being able to cope with the demands of everyday life

Notes


Impact of physical activity
Physical well-being
Blood pressure
Coronary heart disease/Heart attack/Stroke/ Heart disease
Bone density/ Osteoporosis
Likelihood of injury
Obesity
Type 2 diabetes
Posture
Fitness
Emotional well-being
Get rid of excess energy
Less stress/ Cathartic
Escapism
Stress busting hormones/ endorphins
Clear your mind
More confident
Aesthetic appreciation
Better body image
Social well-being
Make friends
Leadership
Meet new people
Communication skills
Cooperation
Sense of belonging

Notes

Diet and nutrition

Components of a balanced diet	
Carbohydrates	• Main source of energy • 60% of a balanced diet on average • Can be stored as glycogen • Broken down into sugars (glucose)
Proteins	• Growth • Repair • Adaptations • Broken down into amino acids • 15% of diet
Fats	• Lipids • Source of energy • Stored as subcutaneous fat • High energy yield but slow to breakdown • Insulation • Protection • Formation of cells • 20-30% of balanced diet
Minerals	• Efficient body functions • Oxygen transport (iron) • Muscle contraction (phosphorous) • Bone strength (calcium)
Vitamins	• Prevent disease • Helps to release energy • Metabolism
Fibre	• Digestion • Regular passing of poos
Water	• Hydration • Maintain blood plasma levels • Sweating/Cooling • Cell function

Notes