Year 10 GCSE Revision - Physical Education
Paper 2 – Health and Performance

Topic	Areas for Revision	Key questions
Health and Performance 1.1 **Physical, emotional and social health, fitness and well-being**	**Benefits of exercise on physical health:** Cardiovascular fitness Body Composition Muscular Strength and Muscular Endurance Increased ability to fight off illness Reduced risk of some serious illness (Heart Attack, Stroke, Type II Diabetes and some cancers) **Effects of physical activity on emotional health** Feeling good Relieving stress and tension Increasing self-esteem and confidence For enjoyment For emotional/psychological challenge For aesthetic appreciation **Effects on physical activity on social health** Co-operation Developing friendships and social mixing Gaining a good attitude to competing **The impact of fitness on well-being** **Promoting personal health through Personal Exercise Programme** **Lifestyle Choices** Diet Activity Level Work/Rest/Sleep balance Recreational drugs Smoking and Nicotine Alcohol **Positive and negative impacts of lifestyle choices**	Think of specific sports and give 3 clear examples of how physical/emotional and social health can be effects by being physical active. Think of different reasons why an 11 year old boy would be taken by his parents to a football training session once a week. Now think of the reasons why a 65 year old woman would join a ball dancing group one a week. Identify the different legal and illegal recreational drugs. Name 4 for each

	<u>The effects of smoking</u> Shortness of breath/reduced lung capacity Heart Disease Increased blood pressure Bronchitis and lung disease High risk of death during medical operations E-cigarettes <u>The effects of alcohol</u> Affects the way your brain works, changing your behaviour and making it harder for you to think clearly Damage to heart and circulatory system - potentially causes stokes or high blood pressure Liver damage (cirrhosis) Inflammation caused be toxic substances from pancreas Risk of developing some cancers Weakens your immune system	Explain how the negative effects of smoking would adversely affect the performance of a cross country runner. Create a small picture illustrating each of the effects negative of alcohol on the body.
1.2 The consequences of a sedentary lifestyle	**A Sedentary lifestyle** Issues to do with weight Depression Coronary heart disease High blood pressure Diabetes Increased risk of osteoporosis Loss of muscle tone and poor posture Impact on components of fitness **Trends in physical health issues**	Research the current health trends in the UK on 4 of these issues to do with a sedentary lifestyle. Summarise your findings.
1.3 Energy use, diet and hydration	**A balanced diet** Macronutrients, carbohydrate loading and protein intake Micronutrients, water and fibre	Explain the benefits of carbohydrate loading to the long-distance cyclist. Would the same benefits be available to a 200m sprinter? Define Dehydration. Why should protein ideally be consumed after exercise?

	Factors affecting optimum weight Overfat Overweight Optimum weight	Explain the difference between overfat, overweight and optimum weight. Justify why different sports performers will have different optimum weights.
	Variation in optimum weight	
	Energy balance for maintain a healthy weight Metabolic rate	Explain metabolic rate to someone at home. Are they can to understand your explanation and then explain it back to you?
	Hydration	How does the colour of your urine indicate your level of hydration?
Sports Psychology 2.1 Classification of skills	**Classification of a range of sporting skills** Open and Closed Basic Complex Low and High Organisational skills	Write 3 examples of each of the skill classification in sport.
	Massed Distributed Fixed Variable	In your opinion, which do you think is the best method of practice for sports performers? Does it change depending on the sport you take part in?
2.2 The use of goal setting and SMART goals to improve and/ or	**Goal Setting** **SMART Goals** Specific Measure	Create 3 different SMART Targets.

optimise performance	Achievable Realistic Time- Bound **Setting and reviewing targets**	What is the key difference between Achievable and Realistic?
2.3 Guidance and feedback on performance	**Types of Guidance** Visual Verbal Manual Mechanical **Advantages and disadvantages of different types of guidance** **Feedback to optimise performance** Intrinsic Extrinsic Concurrent Terminal **Interpretation and analysis of feedback data** **Mental preparation for performance**	Think of the four different types of guidance. Justify the type of your guidance you would most use when coaching: -A 5-year-old to swim -A 14 year old to perform a 'set shot' in basketball -An elite tennis player to alter his serve Draw a table – define each feedback type and outline the possible advantages and disadvantages for using each one. Think of your sport – explain how you mentally prepare yourself before a competition or for a specific part of the game.
3.1 Engagement patterns of different social groups in physical activity and sport	**What affects who plays sport?** Gender Age Socio-economic group Ethnicity Disability	Research available sports for people with disabilities in Bolton

	Influence of other people **Interpreting and analysing data in graphs**	
3.2 Commercialisation of physical activity and sport	**Commercialisation, the media and sport** Fashion **Advantages and disadvantages of commercialisation** **Interpretation and analysis of graphical representation**	Assess the positive and negative impacts on a local football team accepting sponsorship from a betting company.
3.3 Ethical and social-cultural issues in physical activity	**Sportsmanship and Gamesmanship**	Try to find video clips of sports performers displaying sportsmanship and gamesmanship. Be able to justify your decisions.