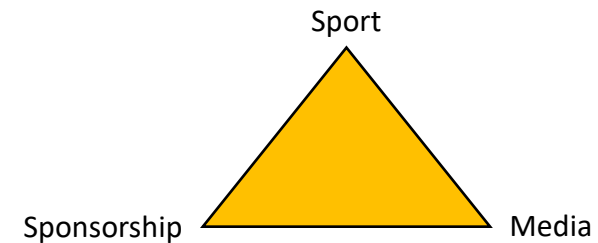


GCSE PE Knowledge organiser: Socio-cultural issues

Factors influencing participation	
gender	Can affect opportunities for example there are less girls rugby clubs than there are for boys
age	Younger people may not be able to transport or pay for themselves, older people may have health issues
socio-economic	Some families may not be able to afford or transport their children to expensive sports activities
ethnicity	Can influence sports that are played e.g. cricket, racist abuse can discourage people from playing
disability	Some sports facilities are not accessible, disability sport is on the rise and there are more opportunities
discrimination	Treating someone differently because of factors such as age, race or gender
education	Some schools give more access to opportunities than others through clubs and activities
friends and family	If friends or family play then you are more likely to play sport too
opportunity	Some areas have more leisure centres and facilities than other areas
environment	Some areas are closer to facilities than others e.g. surfing is not accessible in Leeds
work commitments	Older people may have work commitments which prevent them from taking part in exercise
media coverage	Some sports have less media coverage than others which will not entice people to try the sport
role models	People from some backgrounds are not as well represented in the media as others, this can affect motivation

Commercialism of Sport	
commercialism	The use of sport to make a profit
sponsorship	Organisations giving money or goods to individuals in exchange for advertising their products
media	Includes social media, digital media and the written press
golden triangle	The interdependent relationship between sport, sponsorship and the media



Ethics in Sport	
sportsmanship	Playing and abiding by the rules, winning and losing graciously
gamesmanship	The use of dubious, but not illegal, methods to win or gain an advantage
deviance	Deliberately breaking the rules of a sport, or cheating
violence	A deliberate act of aggression with the intention to harm
anabolic steroids	Mimics testosterone, increases muscle mass, strength and power. Lots of side effects
beta blockers	Reduce steadiness and heartrate, can cause depression
stimulants	Increases alertness and heart rate, can cause insomnia

GCSE PE knowledge organiser: Exam 2 – Sport psychology

Skilful movements and classification of skills

skilful movements	A pre-determined movement that is fluent, coordinated, efficient, accurate and aesthetically pleasing.
pre-determined	The performer knows what they are doing
efficient	No time is wasted
coordinated	All sections / sub-routines fit together
fluent	The routine flows and is smooth
aesthetic	The movement looks good
difficulty continuum	The more thought / judgements made, the more complex the skill
simple	A skill that is easy to execute, may be autonomous, needs little thought or planning
complex	Needs full focus, difficult to perform, may be learnt in phases, much practice needed
environmental continuum	The more the skill is affected by the environment the more open the skill becomes
open	Found in team games, adapts based on the playing environment such as team mates, opponents and weather
closed	No affected by external factors, has a definite start and end point, self-paced

Guidance

visual	Show the skill you want to perform / learn / execute on a demonstration or video
verbal	Tell the performer what you want them to do by giving them instructions
manual	Coach and performer working together to give physical support
mechanical	Use of a device to support the performer

Goal setting

specific	Have a clear, detailed goal or target
measurable	Can it be measured, tested or timed
achievable	Is it possible for that person and their ability
recorded	Allowing the progress to be measured
timed	Sets an end point and gives a target to aim for

Mental preparation

imagery	Used to calm the nerves, take your mind somewhere else, somewhere relaxing
selective attention	Focus on only the important aspects, no distractions
positive thinking	Positive self-talk, I can do it
mental rehearsal	Internal by visualising yourself doing the activity or external watching yourself perform the skill

Feedback

feedback	Given with the aim of improving the performance of a skill
intrinsic	Self feedback from the athlete, how they feel about how they played, how a movement felt
extrinsic	External feedback given by a coach during or after the activity
knowledge of results	At the end (terminal) evaluates performance in a game or outcome of a race.
knowledge of performance	How well the performer has played or executed the skill
positive	Praise given for a positive result for a team or individual
negative	When a performance or result does not go to plan you are told what is wrong and how you can improve

GCSE PE Knowledge organiser: Exam 2 – Health, fitness and wellbeing

Health, fitness and wellbeing	
health	A state of complete mental, physical and social wellbeing not just the absence of disease or injury
fitness	The ability to meet the demands of the environment
wellbeing	A feel of being contented, happy, prosperous and healthy
sedentary	Being inactive
physical	Related to the body
emotional	Related to the mind
social	Related to interacting with others

Vitamins	
Vitamin A	For good vision, found in milk and cheese
Vitamin B	To help carbohydrates release energy found in nuts and meats
Vitamin C	For healthy gums and teeth, found in citrus fruits
Vitamin D	For healthy bones, found in milk, fish and eggs
Vitamin E	For growth, found in cereals

Nutrients in sport	
balanced diet	The correct proportions of each nutrient to provide enough energy
protein	Repairs and rebuilds damaged tissue, found in meat, fish and poultry
carbohydrates	Main source of energy, found in bread and potatoes
fibre	Aids digestion and removing waste, found in fruits and cereals
fats	Provides slow release energy, found in butter, cheese and nuts
water	Helps to avoid dehydration
vitamins	Found in fruits and vegetables, need for healthy skin, bones and teeth
minerals	A solid, naturally occurring inorganic substance
macronutrient	A food type required in large amounts such as carbohydrates
micronutrient	A food type required in small (or trace) amounts

Minerals	
calcium	For strong bones, found in dairy
sodium	For blood pressure, found in salt
potassium	For heart function, found in bananas
zinc	For healing, an example of a micronutrient
iron	For supporting red blood cells to carry oxygen, found in the red meat