

PERSONALISED LEARNING CHECKLIST

J587/02 - Socio-Cultural Issues & Sports Psychology

EXAM 2 TOPICS

1	Goal Setting <ul style="list-style-type: none"> Identify and describe reasons for setting goals Identify and describe how we set goals – i.e. SMART targets Apply to practical examples 	6	Commercialisation of Sport <ul style="list-style-type: none"> Identify different types of media Identify and describe the role of the media Evaluate the impact of the media on sport – positive and negative effects Describe the terms commercialisation and sponsorship Identify items which can be sponsored Evaluate the impact of sponsorship on the individual / team / sport / sponsor Explain the concept of the Golden Triangle Apply to practical examples
2	Characteristics of Skilful Movement <ul style="list-style-type: none"> Examples of fundamental Motor Skills Describe what a motor skill is Identify and describe characteristics of skilful performance – i.e. PFACE Apply to practical examples 	6	
3	Classification of Skills <ul style="list-style-type: none"> Environmental Continuum <ul style="list-style-type: none"> Describe what is meant by an open and closed skill Identify factors which cause skills to be open or closed Place different skills along the environmental continuum Difficulty Continuum <ul style="list-style-type: none"> Describe what is meant by a simple and complex skill Identify factors which cause skills to be simple or complex Place different skills along the difficulty continuum 	7	Diet & Nutrition (Not being assessed in this PPE)
		8	Types of Feedback <ul style="list-style-type: none"> Identify and describe reasons for performer feedback Identify and describe the 6 different types of feedback Apply to practical examples
4	Health, Fitness & Well Being <ul style="list-style-type: none"> Describe the terms health fitness and well-being Identify and describe physical benefits of taking part in physical activity and the physical consequences of a sedentary lifestyle Identify and describe emotional benefits of taking part in physical activity and the emotional consequences of a sedentary lifestyle Identify and describe social benefits of taking part in physical activity and the social consequences of a sedentary lifestyle 	9	Mental Preparation <ul style="list-style-type: none"> Describe anxiety and its effects on performance Identify and describe different mental preparation techniques Explain the benefits of using each mental preparation technique Apply to practical examples
5	Participation in Physical Activity & Sport <ul style="list-style-type: none"> Identify trends in physical activity between different social groups (SAGED) Identify guidelines for physical activity (both children & adults) Identify and describe both positive and negative factors affecting participation in physical activity and sport (MEGAFARMTED) Identify and describe organisations involved in promoting physical activity Identify and describe strategies which can be used to increase participation in different social groups Apply to practical examples 	10	Types of Guidance <ul style="list-style-type: none"> Identify and describe different methods of guidance Explain how each type of guidance can be used to its full potential Evaluate the different methods of guidance and compare the benefits / limitations between two different types of guidance

Exam Structure

Section A

- 20 questions worth 30 marks
- Mainly 1-3 mark questions
- Main command words = Identify, Describe, Give Examples
- Includes data question

Section B

- 30 marks split across range of 1-6 mark questions
- Higher level of command words (e.g. Explain, Evaluate, Compare)
- Includes extended response question (see info below)

Extended Response Question

- Combines an exam 2 topic with an exam 1 topic*
- Must answer both parts of the question
- 6 marks given in levels, not just stating 6 different points
- Point -> Explain -> Example
- To gain 6 marks requires approximately 10 knowledge points, 8 examples and 6 development points

*POTENTIAL EXAM 1 TOPICS

1	Principles of Training	2	Long Term Effects of Training	3	Prevention of Injury
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Revision Aids

- ✓ Recap test booklet for Exam 2
- ✓ Past exam questions
- ✓ Notes in yellow exercise books
- ✓ GCSE PE revision guide
- ✓ Quizlet (<https://quizlet.com/gb/content/ocr-gcse-pe-flashcards>)
- ✓ Ever Learner (<https://pages.theeverlearner.com/2025-ocr-gcse-pe-revision>)

RECAP TEST BOOKLET

1	The recap test booklet is designed to be used at home for revision .
2	All tasks can be completed on paper OR verbally with the help of a 'tester'
3	All Answers are included for all tasks and this booklet provides information required to answer the majority of exam questions.
4	Notes from lessons, the textbook and the revision guide provide the detail to answer more complex exam questions . This booklet should NOT be considered the ONLY information you need to know for your exams.

How to use the recap test booklet...

1	Decide on your preferred method for giving answers ; writing on paper , writing in your yellow book or talking to a tester!
2	Writing Answers <ul style="list-style-type: none">➤ Write the numbers down for the task on a piece of paper or in your yellow book.➤ Write all the answers you can for the task you're doing in black or blue pen.➤ Fill in all missing or incorrect answers using your green pen (or a different colour if you don't have green).➤ Green pen answers are then the answers you need to ensure you revise before your next attempt at the task.➤ Parents or siblings or friends or anyone else should check your answers to ensure there is no cheating!
3	Verbal Answers <ul style="list-style-type: none">➤ Your tester will need the answer booklet in front of them, open at the recap task you're doing!➤ Your tester calls out the numbers randomly, or in number order, this is up to them.➤ Verbally tell them your answer, they then have two options:<ol style="list-style-type: none">1. Tell you are right or wrong as you answer each question2. Make a note of the Qs you got wrong and go through them with you at the end.➤ Green pen answers are then the answers you need to ensure you revise before your next attempt at the task.

How can you help as a parent, guardian or sibling...

1	Make them use this for 5-10mins every other day!!!!
2	Engage with the activity by asking (or telling) them to do these with you verbally
3	Encourage them to keep track of scores to help with confidence
4	If they are getting them right , ensure they visit those topics less frequently , but still do them!
5	Encourage them to have a go at exam questions after they have got the recap tasks right for a topic. These can be accessed through their Google Drive .

