

GCSE PE Challenge – Paper 2 (100)

1. What is the Government Recommendations for Exercise? [2]

Adult – 30 minutes 5 times a week
Children – 1 hour a day

2. What is a sedentary lifestyle [1]

Less than 30 minutes of moderate activity a week

3. What national organisation aims to increase sporting participation [1]

Sport England

4. Which groups are less likely to participate in sports [3]

Age (Elderly/Children)	Women
Disabled	Ethnic Minorities
Low Socio-Economic Status	

5. Give 4 factors affecting Participation [4]

Age	Gender
Ethnicity/Religion	Family
Education	Cost
Disability	Opportunity/Access
Media	Role Models

6. What are the strategies to improve participation [3]

Promotion	Provision
Access	

7. Give an Example of an NGB [1]

England Netball	Rugby Football Union (RFU)
The FA	Lawn Tennis Association
England Hockey	

8. Name 3 National Campaigns to improve health [3]

Change4life	Active Kids
5 a day	This Girl Can
1 hour of activity a day	

9. What 3 areas make up the golden triangle? [1]

Sport, media and sponsorship

10. Identify 2 Positives & Negatives for Media on Sport [4]

Positives	Negatives
Promotes Participation	Couch Potato
Healthy Lifestyle	Bad Lifestyle
Role Models (Pos+Neg)	Body Image
Increased Funding	Sponsorship lost
Minority Sports (Represented/Under)	

11. Give 2 positives and negatives of commercialisation on sport [4]

Positive	Negative
Increase participation	Watch rather than play
More entertaining	Poor role models
Fairer	Pay per view
Promotes sports	Control sports rules
Breaks stereotypes	

12. Give an example of Sportsmanship [1]

Kicking the ball out in Football for injured player
Shaking hands at the start and end of match

13. Why is sportsmanship important [1]

Enjoyable	Role Model
Good atmosphere	Respect for officials

14. What is gamesmanship and give an example? [2]

Bending the rules for an unfair advantage
E.g. delaying play

15. What is deviance and Give an example? [2]

Cheating or breaking the rules
E.g. A high tackle in rugby/Two-footed challenge in football

16. Identify 4 reasons sports performers take drugs [4]

Physical – build muscle/train harder/lose weight
Psychological – steady nerves/motivation/aggression
Win – fear of losing/money/fame/glory
Belief – everyone is doing it/getting away with it

17. Give 2 other impacts of drugs on performers [2]

Bans/Fines	Lose Medals
Lose Sponsorship	Bad Role Model
Break law of land	Records Questioned
Bad reputation for sport/country	

18. Give 2 reasons for player violence in sport [2]

Anger or frustration (poor decisions/performance)
Emotional Intensity (Importance/Pre-match Hype)
Abuse or Provocation (Hostile crowd/Retaliation)
Lack of Discipline (No Punishment/Role Models)
Nature of Game (Contact/Equipment/Dehumanise)

19. Describe the classifications of the environmental continuum? [2]

Open – affected by environment/externally paced
Closed – Not affected by environment/Self-paced

20. Describe the classifications of the difficulty continuum? [2]

Simple – limited stimulus to process/few decisions
Complex – Many stimulus to process/many decisions

21. Give a sporting example of each classification [4]

Open – Hockey, Netball, Rugby
Closed – Golf, snooker, rugby conversion kick
Simple – Swimming, Sprinting
Complex – Somersault, Tennis Serve

22. Identify 5 Characteristics of Movement [5]

Efficiency	Aesthetically Pleasing
Predetermined	Controlled
Co-ordinated	Correct Technique
Fluent	Creative

23. Give 2 reasons for goal setting [2]

Improve performance	Motivate
Adhere to training	Confidence
Control Anxiety	Relevant

24. Identify each part of the SMART Principle [5]

Specific	Timed
Measurable	Achievable
Recorded	

25. Why does mental preparation help performers? [2]

Improve performance	Prevent injury
Focus	Control Emotions

26. Identify 2 Methods of Mental Preparation [2]

Selective Attention	Mental Rehearsal
Imagery	Positive Thinking/Self-Talk

27. Identify the 4 types of guidance [4]

Visual	Verbal
Manual	Mechanical

28. Identify 4 types of Feedback [4]

Intrinsic	Positive	Negative
Extrinsic	Continuous	Terminal
Knowledge of Performance		
Knowledge of Results		

29. Name the 7 Nutrients of a balanced diet with a food example [14]

Protein – meat/fish/beans
Minerals – veg/fruit/dairy
Carbohydrate – pasta/bread/potatoes
Vitamins – fruit/veg
Fats – dairy, cakes, crisps
Fibre – cereals/fruit/veg
Water - water

30. Name the 6 Characteristics of Balanced Lifestyle [6]

Non-Smoking	Maintain Healthy BMI
Active/Regular Exercise	Low Stress Levels
Healthy Diet	Social
Limited Alcohol	Positive Mental Health

31. Give 2 Physical benefits of an active lifestyle [2]

Improve Fitness	Improve Posture
Bone Density	Reduce blood pressure
Prevent obesity	Help with Injury
	Reduce risk of diabetes or heart disease

32. Give 2 Emotional benefits of an active lifestyle [2]

Reduce stress	Improved self-image
Self confidence	

33. Give 2 Social benefits of an active lifestyle [2]

Belonging to a group	Making friends
	Reduce Loneliness