

# OCR GCSE PE – Paper 2 Checklist with Definitions

## 2.1 Socio-cultural Issues

- Current physical activity trends in the UK.
  - Patterns of participation across ages, genders, ethnicities, socio-economic groups.
- Participation in 5 main social groups.
  - Differences in activity levels linked to demographic factors.
- 14 factors affecting participation.
  - Time, cost, family, role models, media influence, access, culture, disability, etc.
- Agencies & strategies to increase participation.
  - Sport England, NGBs, programmes like This Girl Can.
- Golden triangle: sport, sponsorship, media.
  - Relationship between sport, business funding and media coverage.
- Effects of media on commercialisation.
  - Media increases exposure, revenue, influence on public interest.
- Effects of sponsorship on commercialisation.
  - Company investment in athletes/teams for mutual benefit.
- Sportsmanship, gamesmanship, deviance.
  - Fair play vs bending rules vs illegal/immoral behaviour.
- Reasons for violence in sport.
  - Frustration, rivalry, poor officiating, provocation.
- Performance-enhancing drugs.
  - Substances boosting performance: stimulants, steroids, blood doping.

## 2.2 Sports Psychology

- Characteristics of skilful movement.
  - Efficient, coordinated, controlled, fluent and aesthetic.
- Classification of skills.
  - Simple–complex and open–closed continua.
- SMART goals.
  - Specific, Measurable, Achievable, Relevant, Time-bound.
- Mental preparation techniques.
  - Imagery, deep breathing, positive self-talk, visualisation.
- Types of guidance.
  - Visual, verbal, manual, mechanical.
- Types of feedback.
  - Intrinsic, extrinsic, positive, negative, concurrent, terminal.

## 2.3 Health, Fitness & Well-being

- Physical, emotional & social benefits.

- Better fitness, confidence, reduced stress, teamwork, social belonging.

- Consequences of sedentary lifestyle.

- Obesity, heart disease, low fitness, mental health issues.

- 7 components of a balanced diet.

- Carbs, proteins, fats, vitamins, minerals, fibre, water.