

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.