

Paper 2 Question Grid

C- Can do

H -Half way there

S – Struggling

Describe reasons why a player in a team sport might be violent	Identify one reason why a sports performer might use anabolic steroids.	Discuss possible reasons for the difference in prize money for men and women.	Explain the importance of hydration in sport.	Using practical examples, give two effects of positive thinking.
Explain the advantages and disadvantages of visual guidance.	Explain the golden triangle.	Explain using examples the difference between an open and closed motor skill.	Explain three social benefits of regularly attending a local gym.	Explain how imagery can help a sports performer mentally prepare for effective performance.
Define gamesmanship and give a practical example.	Explain carbo-loading and give an example of the type of performer it could benefit.	Explain the factors which influence participation rates.	Explain the 6 types of feedback.	Analyse how physical activity can benefit emotional health
Describe three ways the media may promote sport.	Give examples of initiatives which promote healthy, active lifestyles.	Explain the SMART principle of goal setting	Explain the potential effects and side effects of performance enhancing drugs, - Anabolic steroids, beta blockers & stimulants.	Identify the components of a healthy diet.