

GCSE PE Revision RAG sheet

Paper 2 – Component 2: Health and Performance

Specification Content	Red	Amber	Green
Topic 1: Applied anatomy and physiology			
1.1 Physical, emotional and social health, fitness and wellbeing			
1.1.1 Physical health: how increasing physical ability, through improving components of fitness can improve health/reduce health risks and how these benefits are achieved			
1.1.2 Emotional health: how participation in physical activity and sport can improve emotional/psychological health and how these benefits are achieved			
1.1.3 Social health: how participation in physical activity and sport can improve social health and how these benefits are achieved			
1.1.4 Impact of fitness on wellbeing: positive and negative health effects			
1.1.5 How to promote personal health through an understanding of the importance of designing, developing, monitoring and evaluating a personal exercise programme to meet the specific needs of the individual			
1.1.6 Lifestyle choices in relation to: diet, activity level, work/rest/sleep balance, and recreational drugs (alcohol, nicotine)			
1.1.7 Positive and negative impact of lifestyle choices on health, fitness and wellbeing, e.g. the negative effects of smoking (bronchitis, lung cancer)			
1.2 The consequences of a sedentary lifestyle			
1.2.1 A sedentary lifestyle and its consequences: overweight, overfat, obese, increased risk to long-term health, e.g. depression, coronary heart disease, high blood pressure, diabetes, increased risk of			

osteoporosis, loss of muscle tone, posture, impact on components of fitness			
1.2.2 Interpretation and analysis of graphical representation of data associated with trends in physical health issues			
1.3 Energy use, diet, nutrition and hydration			
1.3.1 The nutritional requirements and ratio of nutrients for a balanced diet to maintain a healthy lifestyle and optimise specific performances in physical activity and sport			
1.3.2 The role and importance of macronutrients (carbohydrates, proteins and fats) for performers/players in physical activities and sports, carbohydrate loading for endurance athletes, and timing of protein intake for power athletes			
1.3.3 The role and importance of micronutrients (vitamins and minerals), water and fibre for performers/players in physical activities and sports			
1.3.4 The factors affecting optimum weight: sex, height, bone structure and muscle girth			
1.3.5 The variation in optimum weight according to roles in specific physical activities and sports			
1.3.6 The correct energy balance to maintain a healthy weight			
1.3.7 Hydration for physical activity and sport: why it is important, and how correct levels can be maintained during physical activity and sport			
Specification Content	Red	Amber	Green
Topic 2: Sport psychology			
2.1 Classification of skills (basic/ complex, open/closed)			
2.1.1 Classification of a range of sports skills using the open-closed, basic (simple)-complex, and low organisation-high organisation continua			
2.1.2 Practice structures: massed, distributed, fixed and variable			
2.1.3 Application of knowledge of practice and skill classification to select the most relevant practice to develop a range of skills			

2.2 The use of goal setting and SMART targets to improve and/or optimise performance			
2.2.1 The use of goal setting to improve and/or optimise performance			
2.2.2 Principles of SMART targets (specific, measureable, achievable, realistic, time-bound) and the value of each principle in improving and/or optimising performance			
2.2.3 Setting and reviewing targets to improve and/or optimise performance Its formation and covenant			
2.3 Guidance and feedback on performance			
2.3.1 Types of guidance to optimise performance: visual, verbal, manual and mechanical			
2.3.2 Advantages and disadvantages of each type of guidance and its appropriateness in a variety of sporting contexts when used with performers of different skill levels			
2.3.3 Types of feedback to optimise performance: intrinsic, extrinsic, concurrent, terminal			
2.3.4 Interpretation and analysis of graphical representation of data associated with feedback on performance			
2.4 Mental preparation for performance			
2.4.1 Mental preparation for performance: warm up, mental rehearsal			
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Topic 3: Socio-cultural influences			
3.1 Engagement patterns of different social groups in physical activity and sport			
3.1.1 Participation rates in physical activity and sports and the impact on participation rates considering the following personal			

factors: gender, age, socio-economic group, ethnicity, disability			
3.1.2 Interpretation and analysis of graphical representation of data associated with trends in participation rates			
3.2 Commercialisation of physical activity and sport			
3.2.1 The relationship between commercialisation, the media and physical activity and sport			
3.2.2 The advantages and disadvantages of commercialisation and the media for: the sponsor, the sport, the player/performer, the spectator			
3.2.3 Interpretation and analysis of graphical representation of data associated with trends in the commercialisation of physical activity and sport			
3.3 Ethical and socio-cultural issues in physical activity and sport			
3.3.1 The different types of sporting behaviour: sportsmanship, gamesmanship, and the reasons for, and consequences of, deviance at elite level			
3.3.2 Interpretation and analysis of graphical representation of data associated with trends in ethical and socio-cultural issues in physical activity and sport			
Specification Content	Red	Amber	Green
Topic 4: Use of data			
4.1 Use of data			
4.1.1 Develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport			
4.1.2 Demonstrate an understanding of how data is collected in fitness, physical and sport activities – using both qualitative and quantitative methods			
4.1.3 Present data (including tables and graphs)			
4.1.4 Interpret data accurately			