

Year 12 PE P2 checklist

Subject: PE	Paper 2: Psychological factors affecting performance	Duration: Paper 2: 1 Hour
What to revise: Classification of skills Types and methods of practice Transfer of skills Principles and theories of learning movement skills Stages of learning Guidance Feedback Individual differences		How to revise it: Revisit notes Create revision cards Revision Posters The Ever Learner – practice area
1	Classification of skills: Justification of placement of skills on continua: <ul style="list-style-type: none"> • Difficulty (simple/complex) • Environmental influence (open/closed) • Pacing (self-paced/externally paced) • Muscular involvement (gross/fine) • Continuity (discrete/serial/continuous) • Organisation (low/high) 	Use research/hand-outs/class notes/The Ever Learner to create revision notes on the six continua. https://www.youtube.com/watch?v=MyJzoXqfVx4
2	Types and methods of practice: Characteristics and uses of each: <ul style="list-style-type: none"> • Part practice • Whole practice • Whole/part-whole practice • Progressive/part practice • Massed practice • Distributed practice 	Use research/hand-outs/class notes/The Ever Learner to create revision notes on: https://www.youtube.com/watch?v=6YWJ95bHjXU

	<ul style="list-style-type: none"> • Fixed practice • Varied practice 	
3	<p>Transfer of skills:</p> <p>Types of transfer:</p> <ul style="list-style-type: none"> • Positive • Negative • Proactive • Retroactive • Bilateral <p>Know and understand ways of optimising the effect of positive transfer.</p> <p>Know and understand the ways of limiting the effect of negative transfer.</p>	<p>Use research/hand-outs/class notes/The Ever Learner to create revision notes on:</p> <p>https://www.youtube.com/watch?v=U4vEhyezmo</p>
4	<p>Principles and theories of learning movement skills:</p> <p>Theories of learning:</p> <ul style="list-style-type: none"> • Operant conditioning • Cognitive theory of learning • Bandura's theory of social/observational learning 	<p>Use research/hand-outs/class notes/The Ever Learner to create revision notes on:</p> <p>https://www.youtube.com/watch?v=Ry0awoLKS2E</p>
5	<p>Stages of Learning:</p> <p>Characteristics of the stages of learning:</p> <ul style="list-style-type: none"> • Cognitive • Associative • Autonomous 	<p>Use research/hand-outs/class notes/The Ever Learner to create revision notes on:</p> <p>https://www.youtube.com/watch?v=n7UcobScnck</p>
6	<p>Guidance:</p> <p>Types and uses of guidance:</p> <ul style="list-style-type: none"> • Verbal guidance • Visual guidance • Manual guidance • Mechanical guidance <p>Advantages and disadvantages of using each type of guidance.</p>	<p>Use research/hand-outs/class notes/The Ever Learner to create revision notes on:</p> <p>https://www.youtube.com/watch?v=MxZeasc-wCA</p>
7	<p>Feedback:</p> <p>Types and uses of feedback:</p> <ul style="list-style-type: none"> • Intrinsic • Extrinsic • Positive • Negative 	<p>Use research/hand-outs/class notes/The Ever Learner to create revision notes on:</p> <p>https://www.youtube.com/watch?v=V-cPCokSIHI</p>

<ul style="list-style-type: none"> • Knowledge of performance • Knowledge of results <p>Advantages and disadvantages of using each type of feedback.</p>	
<p>8 Individual differences:</p> <p>Personality: Definition of personality; theories of personality:</p> <ul style="list-style-type: none"> • Trait – extroversion/introversion, stable/unstable, type a/type b. • Social learning • Interactionist <p>Attitudes: Definition of attitude; factors affecting attitude formation; components of attitude:</p> <ul style="list-style-type: none"> • Cognitive • Affective • Behavioural <p>Methods of attitude change:</p> <ul style="list-style-type: none"> • Persuasive communication • Cognitive dissonance <p>Motivation: Definitions of:</p> <ul style="list-style-type: none"> • Intrinsic motivation • Extrinsic motivation <p>Uses and effects of:</p> <ul style="list-style-type: none"> • Intrinsic motivation • Extrinsic motivation <p>Arousal: Definition of arousal; effects of arousal:</p> <ul style="list-style-type: none"> • Drive theory • Inverted U theory • Catastrophe theory <p>Anxiety: Definition of anxiety Types of anxiety: state & trait</p>	<p>Use research/hand-outs/class notes/The Ever Learner to create revision notes on:</p> <p>Personality https://www.youtube.com/watch?v=XJPyTSjaE-M&index=2&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb</p> <p>Attitudes https://www.youtube.com/watch?v=ldJSAmDqgHM https://www.youtube.com/watch?v=_Sziyxn4pLw</p> <p>Motivation https://www.youtube.com/watch?v=p9yYzzJgYyQ&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb&index=3</p> <p>Arousal https://www.youtube.com/watch?v=7130zWCUhYA&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb&index=4</p> <p>Anxiety https://www.youtube.com/watch?v=Zl-L7bBhZ-U&index=5&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb</p> <p>Aggression https://www.youtube.com/watch?v=DirTha8cbAI&index=6&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb</p> <p>Social facilitation https://www.youtube.com/watch?v=H5w8ClqwTM&index=7&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb</p>

Response to anxiety:
somatic and cognitive, zone
of optimal functioning.

Aggression:

Definition of aggression

Theories of aggression:

- Instinct
- Social learning
- Frustration-
aggression
hypothesis
- Aggressive cue
hypothesis

Useful Revision Aids

The Ever Learner – Use the practice area to go over topics you feel are your weaknesses

YouTube

James Morris PE – Specific OCR PE lessons

<https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBIklu3Xw>

OCR A Level PE Teacher

<https://www.youtube.com/channel/UCsTQPIF0FMbbNoOducKEmqQ>

Past Papers and Mark Schemes

Download and use past papers to help you revise.

<https://revisionworld.com/a2-level-level-revision/physical-education-level-revision/pe-level-past-papers/ocr-level-pe-past-papers>

Websites

<https://www.studyalevelpe.co.uk/home>