

YEAR 2 GCSE PHYSICAL EDUCATION– Definition Bank

Ability-Inherited, stable traits that determine an individual’s potential to learn or acquire a skill. **E.g. components of fitness, speed, balance coordination etc.**

Skill -A learned action/learned behaviour with the intention of bringing about pre- determined results, with maximum certainty and minimum outlay of time and energy **e.g. Something that is taught like a tennis serve, passing or kicking a football.**

Gross movement (skill classification)-Using large muscle groups to perform big, strong, powerful movements. **e.g. kicking, throwing, running etc.**
Fine movement (skill classification)-Small and precise movement, showing high levels of accuracy and coordination. It involves the use of a small group of muscles. **E.g. dart throw, archery, table tennis block shot.**

Externally-paced skill -The skill that is started because of an external factor. The speed, rate or pace of the skill is controlled by external factors, **eg when marking an opponent in netball/football, your movement is affected by the movement of your opponent.**
Self-paced skill -The skill is started when the performer decides to start it. The speed, rate or pace of the skill is controlled by the performer. **E.g. a performer starting in long or high jump.**

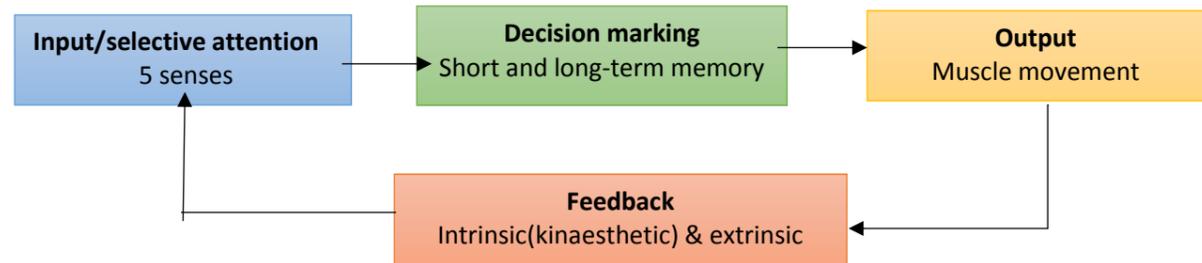
Closed skill -A skill which is not affected by the environment or performers within it. The skill tends to be done the same way each time. **E.g. a somersault in gymnastics**
Open skill - A skill which is performed in a certain way to deal with a changing or unstable environment. Often externally-paced **e.g. a football pass may be carried out in a certain way to avoid oncoming opponents, for example passed around them or chipped over.**

Complex skill- Lots of decisions to be made in order for the skill to be successful **e.g. high jump requires coordinated running in an accurate bend, followed by a correctly timed jump and effective body position to clear the bar.**
Simple skill- Few decisions to be made **e.g. walking, running jumping etc.**

Performance goals - Personal standards to be achieved. Performers compare themselves against what they have already done or suggest what they are going to do. There is no comparison with other performers. **E.g. 100m sprinter may hope for a better start that the last race or aim to dip well when crossing the line (better than last time)**
Outcome goals- Focus on end result/winning e.g. **wish to win the match**

Goal setting (SMART goals)
 A method to increase motivation and reduce anxiety. Goals should be SMART:
specific – specific to the demands of the sport/muscles used/movements used
measurable – it must be possible to measure whether they have been met
accepted – they must be accepted by the performer and others involved, eg coach
realistic – they are actually possible to complete
time bound – over a set period of time

Information processing -Making decisions. Gathering data from the display (senses), prioritising the most important stimuli to make a suitable decision.



Guidance- A method to convey information to a performer. Guidance methods:
visual (seeing) **demonstration of the skill by the coach/ Video footage, slow motion**
Beginners need visual guidance to understand what the skill should look like.
Experts are unlikely to need visual guidance other than to highlight minor faults
verbal (hearing) **a coach talking to the performer and highlighting the correct technique**
Beginners need verbal guidance, but it should not be long and too complex/ coupled with visual guidance.
Experts need verbal which is longer and more complex- this allows fine tuning of the technique
manual (assist movement) **a coach physically guiding the performer e.g. supporting a gymnast whilst they are doing a vault.**
mechanical (use of objects/aids) **the use of armbands in swimming**
Generally used for beginners for safety purposes and to guide the beginner through the technique
Experts unlikely to use this type of guidance unless there is an unexpected flaw in technique

Feedback- information a performer receives.
Positive feedback- used to inform the athlete what was correct about the movement (essential for motivating athletes)/ often used with beginners/novices.
Negative feedback- used to inform the athlete what was incorrect about the movement. Negative comments must include information for the performer to achieve the correct movement (verbal guidance)
Knowledge of results-focuses on how successful the performer has been in achieving what they have set out to do (outcome) **e.g. what score you recorded in golf or whether you scored a free throw in basketball.**
Knowledge of performance -Feedback related to the quality of the performance, not the end result **e.g. performers technique, aspects of the movement produced.**
Extrinsic feedback – is the information received from an outside source **e.g. coach or teacher**
Intrinsic feedback (kinaesthetic)- is the information from within received via receptors in the muscles. Sensations that are felt by the performer. **e.g. how something feels from the senses.**

Arousal-A physical and mental (physiological and psychological) state of alertness/readiness, varying from deep sleep to intense excitement/alertness.

The Inverted U Theory

- As arousal increases so does performance.
- Up to the optimal/peak level
- If arousal continues to increase further, performance will decrease.

- Fine skill requires involving accuracy require low levels of arousal **e.g. Darts, archery and snooker.**
- Gross skills requiring power, strength and large muscle movements require a high level of arousal **e.g. Weightlifting, sprinting, rugby tackle.**

Controlling arousal - Deep breathing / visualisation/positive self-talk

Aggression - A deliberate intent to harm or injure another person, which can be physical or mental (see direct and indirect aggression).
Indirect aggression -Aggression which does not involve physical contact. The aggression is taken out on an object to gain advantage, **eg hitting a tennis ball hard during a rally.**
Direct aggression- Aggressive act which involves physical contact with others.
Legal (inside the rules)- **tackle in rugby below the waist** **Illegal (outside of the rules)**-**Tackle in rugby above the waist**

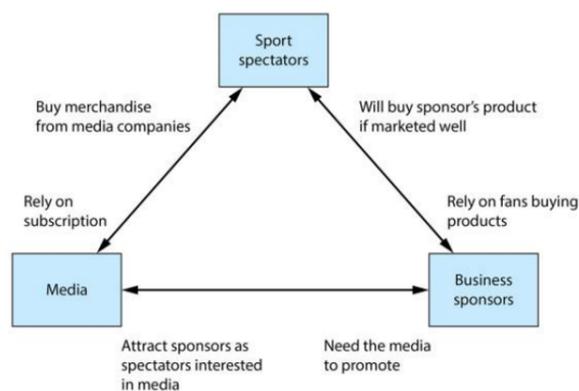
Extrovert -Sociable, active, talkative, out-going personality type usually **associated with team sports players (rugby, football)**
Introvert - A quiet, passive, reserved, shy personality type, usually **associated with individual sports performance (running, badminton)**

Motivation (intrinsic motivation and extrinsic motivation) -The drive to succeed or the desire (want) to achieve something/to be inspired to do something. This can be:
intrinsic – the drive that comes from within **(eg for pride, satisfaction, a sense of accomplishment, self-worth)**
extrinsic – the drive to perform well or to win in order to gain external rewards **(eg prizes, money, praise).**

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Social groups- gender/ race/religion/culture / age / family/friends/peers /disability.
Barriers/factors effective participation - Attitudes – opinions; learned; positive or negative – increase participation by changing attitudes to be more positive, **role models** – friend, family, hero; may influence participation, **accessibility** – to **facilities/clubs/activities** will influence participation, **media coverage** – usually positive influence, but can be negative. **Sexism/stereotyping, culture/religion/religious festivals** – prejudice; limit to participation, family commitments – may limit participation, available **leisure time** – generally more available, more participation.
Familiarity – influence of family/role model, **education** – influence of PE programme/teacher. **Socio-economic factors/disposable income** – can be negative influence. **Adaptability/inclusiveness** – should increase disabled participation.

Commercialisation -To manage or exploit (an organisation, activity, etc) in a way designed to make a profit. The specification refers to commercialised activity as being sponsorship and the media only.



Sponsorship-Where a company pays money to a team or individual in return for advertising their goods.

Media- technologies which act as the main means of mass communication. These include: **printed media (eg newspapers), broadcast media (eg TV and radio), internet/social media (eg Facebook), outdoor media (eg billboards).**

Golden Triangle- The financial relationship between sport, sponsorship and media.

Contract to compete-Unwritten agreement to follow and abide by the written and unwritten rules.

- **Rugby players respecting the referee's decision**
- **Not taking PED's and generally avoiding unsportsmanlike behaviour.**

Etiquette-A convention or unwritten rule in an activity. It is not an enforceable rule but it is usually observed.

- **In football when the ball is kicked out of play when a player is injured/ Shaking hands after a match with the officials / opponents.**

Sportsmanship-Conforming to the rules, spirit and etiquette of a sport.

- **Same examples as etiquette**

Gamesmanship-Attempting to gain an advantage by stretching the rules to their limit, eg time wasting.

- **Pretending to be injured in football so that the ball is kicked out of play, thus stopping the momentum of the opposition/ Calling a timeout in basketball to put off an opposition player before they take a free-throw.**

Balanced diet - It is defined as eating: the right amount (for energy expended), the right amount of calories, according to how much you exercise, different food types to provide suitable nutrients, vitamins and minerals.

Vitamins -Organic substances that are required for many essential processes in the body, eg Vitamin A for structure and function of the skin.

Minerals -Inorganic substances which assist the body with many of its functions, eg bone formation (Calcium).

Carbohydrate -The body's preferred energy source for all intensities- main source of glucose (simple or complex)

Fat -is also an energy source but can only be used as an energy source when working at low intensity.

Protein- Growth and repair of body tissues, small part to play in providing energy.

Hydration -Having enough water to enable normal functioning of the body.

Dehydration-Excessive loss of body water interrupting the function of the body.

Diuretic drugs -Drugs that remove fluid from the body, elevating the rate of bodily urine excretion. **e.g. jockeys. Negative effects-** cause severe dehydration, low blood pressure and muscle cramps.

Anabolic steroids Artificially produced male hormones mimicking testosterone. They promote muscle and bone growth and reduce recovery time. **Often used by power athletes, eg sprinters. Negative effects-**shrunken testicles in men, high blood pressure and liver, kidneys and heart damage. **Women develop more body hair, smaller breasts and deeper voice.**

Beta blockers Drugs that are used to steady nerves by controlling heart rate. They have a calming and relaxing effect. Often used by performers using fine skills **e.g. archery, darts. Negative effects-**nausea, tiredness and weakness; poor circulation, heart problems.

Stimulants- Drugs that have an effect on the central nervous system, ie they increase mental and/or physical alertness e.g. cocaine and amphetamines- **any athlete that needs to be more alert e.g. speed for swimmers, faster reaction time. Also used to deaden pain – used by injured performers to return to training quickly. Negative effects** high blood pressure, strokes, heart and liver problems.

Peptide hormones/ Erythropoietin (EPO) -Drugs that stimulate the production of naturally occurring hormones, which increase red blood cell count/oxygen carrying capacity. Generally, long distance performers **e.g. runners and cyclists. Negative effects** thickening of blood (more viscous); heart must pump harder – increased risk of stroke or heart attack

Narcotic analgesics (pain killers/heroin)-Drugs that can be used to reduce the feeling of pain. **e.g. gymnasts. Negative effects-**constipation, low blood pressure, loss of concentration leading to coma.

(Blood) doping -Defined by World Anti-Doping Agency (WADA) as the misuse of techniques and/or substances to increase one's red blood cell count. **e.g. runners and cyclists. Negative effects** thickening of blood; embolisms (blockage of a blood vessel), heart attacks, risk of blood-borne diseases, e.g. HIV and hepatitis.

Hooliganism- Disorderly, aggressive and often violent behaviour by spectators at sporting events.

Reasons/ causes; Rivalry between teams – derby matches. **Media hype** – done to increase sales. **Alcohol** – lessens inhibitions; people more open to suggestions, **Gang culture** –; protecting local area from away fans can lead to organised violence against another gang of fans, **Frustration** – with team's performance, refereeing decisions, **Display of masculinity**

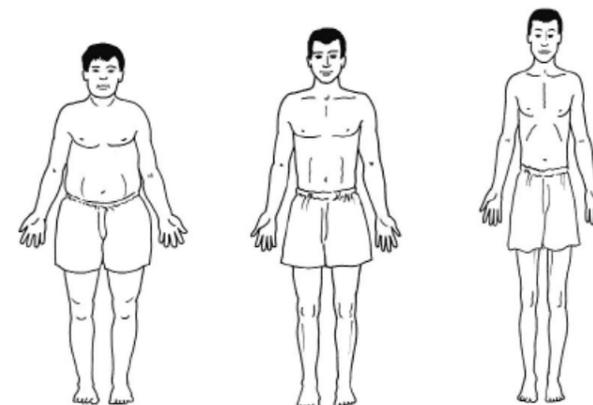
Strategies to prevent- Prevention of known hooligans from travelling or banning orders from grounds, **Alcohol bans, Early kick-off** to prevent excessive alcohol consumption, **All-seater stadia** – reduces movement and allows control over ticket distribution, **Segregation** of fans travelling and within grounds, **Improved levels of policing and stewarding** – improves crowd control, **CCTV cameras** at grounds and entrances and **Campaigns** such as 'Kick racism out of football' – to lessen influence of racist movements within football supporters.

Well-being- Involves physical, mental and social well-being. The dynamic process that gives people a sense of being comfortable, healthy or happy (**Health and Fitness see Definition bank 1**)

Sedentary lifestyle - A lifestyle with irregular or no physical activity.

Obese -A term used to describe people with a large fat content, caused by an imbalance of calories consumed to energy expenditure. A body mass index (BMI) of over 30 or over 20% above standard weight for height ratio.

Body composition -The percentage of body weight which is fat and non-fat (muscle and bone).



Endomorph

Mesomorph

Ectomorph

Ectomorph -A somatotype characterised by being tall and thin. Individuals with narrow shoulders and narrow hips. **e.g. Runners, swimmers. Basketballers, high jumpers.**

Mesomorph- A somatotype, characterised by a muscular appearance. Individuals with wide shoulders and narrow hips **e.g. Sprinters, footballers, rugby players**

Endomorph -A somatotype, characterised by a pear-shaped body/fatness. Individuals with wide hips and narrow shoulders. **e.g. Shot putter, hammer thrower**

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