THE NOTTINGHAM EMMANUEL SCHOOL
A Church of England Academy

GCSE Physical Education

Paper 2 Health and Performance

The Classification of Skill		
Environmental Factors	Closed skills are not affected by the environment because they are predictable. The timing of the skill is down to the performer. E.G. Javelin, shot, discus, weight lifting,	Open skills are heavily affected by the environment and are unpredictable and may change depending on the environment. E.G. Dribbling in a game of football, A tackle in a rugby game, 3 pointer in basketball
Difficulty Factors	Basic (Simple) Have few subroutines and require a **low level of concentration to perform them.** E.G Running, basic passing	Complex skills are made up of lots of sub-routines and **require great amounts of concentration** because they are **difficult.** **E.G. Gymnastics vault**
Organisation Level Continuum	Low organisation – Can be split up into subroutines and each sub routine can be practiced separately E.G Swimming Front Crawl	High organisation – Almost impossible to break it down into sub routines E.G Golf swing
Practice Structures		
Fixed Practice Is practiced **repeatedly the same way.** E.G. putting in Golf, penalty kick in Football, Free throw Basketball, serving in Tennis	Good for teaching someone a **closed skill**	Good for introducing someone to a **new skill** or a **beginner**.
Variable Practice Practiced where the **setting is unpredictable** and **changeable** condition	Good for teaching someone an **open skill** E.G. 3v3 practices	Good for **more experienced performers** not for beginners
Massed Practice Involves **long practice periods without rest**. The skill is repeated continuously	Good for experienced and highly motivated performers. E.G. Repeated smash/ net shot in badminton	Good to improve the **consistency of a skill** E.G. Smash. Good for **low organisation/basic skills**
Distributed Practice		

Has **breaks and rest** to allow **feedback** and **mental rehearsal**	Good for **learning new skills** because it allows feedback on performance. Good for **less motivated performers** because it is **not repetitive**	Gives you **breaks** so that you can **rest and recover** Good for **complex skills** that require **feedback** e.g vault
Conclusion: Often fixed practices are massed and variable practices are distributed but this is not always the case. Good coaches will know which practice structure suits the skills that are being developed and they will adapt the practice accordingly.		
Types of Guidance		
Visual Guidance – Is when the guidance is presented in a form that the **performer can look at.** E.G. Live demonstration, video, film, a poster, a chart	Adv. • Useful for all levels • Very good for young/inexperienced • Allows performers to see what is required • Performer can copy • See the whole skill	Dis Adv. • Demo must be good quality • Some skills may be too complex to demo – Vault, Twisting • Not effective if the performer is not paying attention
Verbal Guidance- Is when the coach describes how the sill is performed or tells the performer something	Adv. • Very useful for high level performers • Good for sharing basic information • Good way of highlighting the key teaching points	Dis Adv. • Can result in information overload • Can be boring – too much talking • Complex things are often hard to explain
Manual Guidance – involves a coach physical moving a performer into the correct position or supporting them to perform a skill	Adv. • Good for beginners • Allows some development of the correct feel	Dis Adv. • A movement can feel different when someone else is moving your body – don't get the correct feel for the performance • Performer may not think that they performed it themselves • Can become reliant

Mechanical Guidance – Is when equipment is used to assist the coach E.G Floats in swimming, harness is gymnastics	Adv. • Increase safety when undertaking dangerous skills • Good for confidence	Dis Adv. • Performer can rely on the aid • Equipment can be expensive
Feedback to Optimise Performance		
Intrinsic Feedback comes from within the performer • Kinaesthetic Feeling	Adv. • Good for experienced performers as they have developed kinaesthetic knowledge through experience • Experienced performers can self-assess their own performance and make adaptations	Dis Adv. • Not good for inexperienced performers
Extrinsic Feedback comes from a coach • Comes from either visual or verbal guidance	• Really good for less experienced performers who need feedback • Motivated performers through giving praise • More experienced performers will use a combination of both Intrinsic and Extrinsic Feedback	• The quality of feedback need to be high in order for the improvements to be made – poor feedback or lack of clarity can cause a lack of understanding.
Concurrent Feedback • Takes place during the performance and can be Intrinsic or Extrinsic.	• If an activity lasts long enough the performer can use intrinsic feedback with their performance to makes adaptations E.G Skiing downhill they can adapt their body position to regain their balance. • Coach could verbally instruct them to make a change E.G time out in Basketball	• A coach would need to understand the needs of each individual. If feedback is overly negative for some performers this can lead to increased anxiety and therefore negatively impact performance further.
Terminal Feedback • Takes place after the performance • It can occur straight away or some time after • Always extrinsic	• Allows a performer to understand how to improve their performance next time they compete	• Long video review sessions would need high levels of motivation

Physical, Emotional and Social Health Exam tip: If the question ask about the positive effects of being fit on your health or well-being you can refer to social, emotional and physical health			
Social Health	Emotional Health	Physical Health	Physical Fitness
Reason • Able to form and maintain good relationships with others • Make new friends • Develop new friendships	Reason and benefits • **Makes you feel happier** and **less stressed** by releasing **positive endorphins** therefore less **likely to be depressed.** • **Helps you to cope with the demands of daily life** because **you have more energy** • Makes you **feel physically healthier** which **boosts your self-esteem** and **confidence** • **Reduce risk of dementia** because exercise **stimulates new brain cells**	Reasons and benefits • Reduce risk of **Coronary Heart Disease** (CHD) because it helps to **remove fatty deposits** • Reduce risk of **Diabetes** by helping you to **manage your optimum weight** • **Reduced blood pressure** by maintaining **clear healthy blood vessels** • Reduced risk of **Osteoporosis** because **exercise strengthens bones**	Reasons and Benefits • **CV Fitness** helping you to have **more energy** and **maintain optimum weight** • **Strength** – **muscles become bigger and stronger** which mean **less likely to get injured** and **daily tasks become easier** such as lifting and carrying • **Flexibility** – Increased flexibility **less likely to be injured** if you fall over • **Balance** – Increased balance **therefore less likely to fall** over if you reach for something
Benefit • Able to communicate better • Avoid and resolve disputes • Sensitive to the needs of others • Adapt to different social situations			

Very few negative effects however:

- Exercise can become addictive leading to overtraining
- Focussing too much on body shape can lead to body dysmorphia
- Too much training can lead to joint and ligament damage

Lifestyle choices		
Diet	• Boost energy levels so you can enjoy a better life • Will supply essential nutrients for a healthier immune system • Reduce risk of serious illnesses such as diabetes, high blood pressure etc • Can reduce stress by improving sleep	• Lead to deficiencies in nutrients leading to fatigue and muscle weakness • Leads to increased weight and there **physical health** issues •
Activity Levels	Active • Lowers risk of disease (**physical health**) • Boosts your self-esteem (**emotional health**) • Improved quality of sleep (**emotional health**) • Reduces stress and less likely to be depressed (**emotional health**) • Improves Fitness (**physical fitness**)	Inactive • Increased risk of disease • Increased risk of low self-esteem, anxiety and depression • Decreased muscle mass
Sleep/work/rest balance	Good • Improves your physical, social and emotional health • Makes you feel more in control of your life – helps to reduce stress	Bad • Increased risk of depression • Leads to weight gain • Poor quality sleep • Increased risk of illnesses – high blood pressure and heart disease

A Balanced Diet		
Macronutrients		
Carbohydrates (Note: Do not say CARBS)	Protein	Fats Note: Consuming fats does not make you fat. Eating more calories than you are burning off makes you fat
• Main source of energy • Stored in the body as Glycogen and then broken down into Glucose when we exercise • Glucose provides the working muscles with energy • Helps maintain performance throughout the race/game for example…. • 50-60% non-performers diet • 60-70% performers diet **Simple Carbs** – Broken down quickly Complex carbs – broken down slowly **Carb Loading** – Increasing the amount of carbs intake in the days leading up to a performance increases the amount of glycogen stored in the muscle.	• Essential for the growth and repair of muscle • Help a healthy immune system • Benefit power athletes would consume more that an endurance athlete • Should be consumed after performance to help with the repair of the micro tears in the muscles caused by exercise	• Secondary source of energy • We burn fat having used up the energy stored from eating Carbohydrates. • Saturated fats – bad for you. These increased your chances of physical health problems. E.G. donuts • Unsaturated fats – Oily fish and nuts are god for your health • You need are amounts of oxygen to break down fats in the body

Micronutrients			
Vitamins – Vital for chemical reactions	Minerals – Maintain bodily function	Fibre	Water Note: Is not a Micronutrient but is vital for bodily functions
		• Healthy bowel	• Prevents dehydration

• Help gaseous exchange to take place • Help with blood production • Hormone regulation	• Calcium helps to strengthen bones • Irons helps with energy production • Phosphorous helps with muscle contractions	• Makes you feel fuller therefore helps maintain optimum weight • Helps to remove waste products	• Carries nutrients around the body • Lubricates the joints • Helps to remove waste products • Regulates body temperature


Gender
Men have larger skeleton
Men have greater muscle mass
Muscle Girth
the bigger your muscle girth the more they weigh and the stronger they are
Factors affacting optimum weight
Height
Optimum weight increases if you are taller
Bone structure
Bigger bones weigh more than smaller bones

Mental preparation for performance	
Mental Rehearsal – The skill is practiced in your head • Increases focus and concentration • Blocks out distractions	**Impact on performance** • Builds confidence – more likely to try more challenging tasks or attempt something that could be difficult to pull off but rewarding if it is successful • Calms nerves – Therefore likely to improve the execution of the task
The Psychological warm up – Ensures that the performer is focussed on the performance and nothing else	Methods • Positive self-talk • Breathing techniques and relaxation techniques • Listening to music

Factors that affect participation rates		
Gender	• More boys and men involved in sport than girls and women • Social stereotyping – women will often compete is activities that are less competitive such as yoga and aerobics • Women often have to juggle other roles such as parenting and looking after older parents	• However public support for female teams that are doing well e.g. Netball, Football, Rubgy and Cricket will increase role models and therefore participants
Age	• Adults earn more money – Can afford to play expensive sports e.g. golf • Adults may have less time to play therefore may play sports that take less time e.g squash • Young person is reliant on parents taking them to the game. • Levels of fitness in elderly people can affect the activities that they may take part in. Decreased levels CV fitness, greater chance of illnesses can affect participation.	
Ethnicity Note: (Not religion)	• Can play sports that are stereotypically linked to their ethnic background e.g. black people an 100m • Ethnic groups are increasing participation rates	• Prejudice can often push minority groups away from certain sports Campaigns such as 'Sports Equal' and 'Kick it out' try to fight for equal opportunities
Socio-economic Group Note: (Not 'money')	• The disposable income of a person affects participation. More free money and you can take part in more expensive sports e.g. Karting, golf, skiing, rowing	• Low income groups
Disability	• Limited number of qualified teachers and coaches • Often limited local facilities that have specialist equipment • Travel is often difficult because they need special transport	Increased publicity from the Paralympics creates role models which inspire people to get involed

The advantages and disadvantages of commercialisation and the media		
Sport	• More sports attracting media attention, increasing grassroots participation • More money available for teams • Prize funds are bigger • More role models	• Rules are changed to meet the requirement of media and sponsors • Sport can rely on money from the media and if money is taken away then it can have disastrous effect • Sponsors may sell products that promote poor lifestyles
Player/Performer	• Players are paid more • Media can turn players into heroes • More money to pay for equipment • More money for better coaching • More money to support grassroots	• Increase pressure can lead the decreased enjoyment • Mistakes of players can become public very quickly • Sponsors can dictate behaviour • Intense media scrutiny in your private life • More competition mean more games – lead to increased risk of injury
Spectator	• Events are scheduled so that people can watch games on TV/On line • Live coverage, highlights etfc are widely available • Money spent on technology improving viewing •	• More people stay at home to watch the game • Most sports are shown via subscription/pay per view and are very expensive • More popular sports are hard to buy tickets for
Sponsors	• If a sponsor's name is linked to a positive performer/activity is can help them increase profits	• If a sponsor links their name to a brand hit by scandal then it can damage their reputation and they lose profits