

## Year 13 assessment checklist

Subject: A-level PE		Paper 2: Psychological Factors Affecting Performance	Duration: 60 minutes (60 marks)
What to revise		How to revise it	
1	<p><b>Skill Classification</b> Justification of placement of skills on continua:</p> <ul style="list-style-type: none"> <li>• Difficulty (simple/complex)</li> <li>• Environmental influence (open/closed)</li> <li>• Pacing (self-paced/externally paced)</li> <li>• Muscular involvement (gross/fine)</li> <li>• Continuity (discrete/serial/continuous)</li> <li>• Organisation (low/high)</li> </ul>	<p><a href="https://www.youtube.com/watch?v=MyJzoXqfVx4">https://www.youtube.com/watch?v=MyJzoXqfVx4</a> Revision Guide pg 108-109 Use the Ever Learner</p>	
2	<p><b>Types &amp; Methods of practice</b> Characteristics and uses of each:</p> <ul style="list-style-type: none"> <li>• Part practice</li> <li>• Whole practice</li> <li>• Whole/part-whole practice</li> <li>• Progressive/part practice</li> <li>• Massed practice</li> <li>• Distributed practice</li> <li>• Fixed practice</li> </ul> <p>Varied practice</p>	<p><a href="https://www.youtube.com/watch?v=6YWJ95bHjXU">https://www.youtube.com/watch?v=6YWJ95bHjXU</a> Revision Guide pg 110-111 Use the Ever Learner</p>	
3	<p><b>Theories of learning:</b></p> <ul style="list-style-type: none"> <li>• Operant conditioning</li> <li>• Cognitive theory of learning</li> </ul> <p>Bandura's theory of social/observational learning</p>	<p><a href="https://www.youtube.com/watch?v=Ry0awoLKS2E">https://www.youtube.com/watch?v=Ry0awoLKS2E</a> Revision Guide pg 114 Use the Ever Learner</p>	

4	<p><b>Transfer</b></p> <p>Types of transfer:</p> <ul style="list-style-type: none"> <li>• Positive</li> <li>• Negative</li> <li>• Proactive</li> <li>• Retroactive</li> <li>• Bilateral</li> </ul> <p>Know and understand ways of optimising the effect of positive transfer. Know and understand the ways of limiting the effect of negative transfer.</p>	<p><a href="https://www.youtube.com/watch?v=U4vEhyezmo">https://www.youtube.com/watch?v=U4vEhyezmo</a></p> <p>Revision Guide pg112-113</p> <p>Use the Ever Learner</p>
5	<p><b>Stages of learning</b></p> <p>Characteristics of the stages of learning:</p> <ul style="list-style-type: none"> <li>• Cognitive</li> <li>• Associative</li> <li>• Autonomous</li> </ul>	<p><a href="https://www.youtube.com/watch?v=n7UcobScnck">https://www.youtube.com/watch?v=n7UcobScnck</a></p> <p>Revision Guide pg 115</p> <p>Use the Ever Learner</p>
6	<p><b>Guidance</b></p> <p>Types and uses of guidance:</p> <ul style="list-style-type: none"> <li>• Verbal guidance</li> <li>• Visual guidance</li> <li>• Manual guidance</li> <li>• Mechanical guidance</li> </ul> <p>Advantages and disadvantages of using each type of guidance.</p>	<p><a href="https://www.youtube.com/watch?v=MxZeasc-wCA">https://www.youtube.com/watch?v=MxZeasc-wCA</a></p> <p>Revision Guide pg 116</p> <p>Use the Ever Learner</p>
7	<p><b>Feedback</b></p> <p>Types and uses of feedback:</p> <ul style="list-style-type: none"> <li>• Intrinsic</li> <li>• Extrinsic</li> <li>• Positive</li> <li>• Negative</li> <li>• Knowledge of performance</li> <li>• Knowledge of results</li> </ul> <p>Advantages and disadvantages of using each type of feedback.</p>	<p><a href="https://www.youtube.com/watch?v=V-cPCokSIHI">https://www.youtube.com/watch?v=V-cPCokSIHI</a></p> <p>Revision Guide pg 117-118</p> <p>Use the Ever Learner</p>
8	<p><b>Personality</b></p> <p>Definition of personality; personality types;</p> <ul style="list-style-type: none"> <li>• Introvert/extrovert</li> <li>• Stable/unstable</li> <li>• Type A/ Type B;</li> </ul> <p>theories of personality:</p> <ul style="list-style-type: none"> <li>• Trait –</li> <li>• Social learning</li> <li>• Interactionist</li> </ul>	<p><a href="https://www.youtube.com/watch?v=XJPYTSjaE-M&amp;index=2&amp;list=PLzh4kOin3WApCmlIWemYVJa4t8B-qFnwb">https://www.youtube.com/watch?v=XJPYTSjaE-M&amp;index=2&amp;list=PLzh4kOin3WApCmlIWemYVJa4t8B-qFnwb</a></p> <p>Revision Guide pg 122-123</p> <p>Use the Ever Learner</p>

9	<p><b>Attitudes</b>  Definition of attitude;  factors affecting attitude formation; components of attitude:</p> <ul style="list-style-type: none"> <li>• Cognitive</li> <li>• Affective</li> <li>• Behavioural</li> </ul> <p>Methods of attitude change:</p> <ul style="list-style-type: none"> <li>• Persuasive communication</li> <li>• Cognitive dissonance</li> </ul>	<p><a href="https://www.youtube.com/watch?v=ldJSAmdqnHM">https://www.youtube.com/watch?v=ldJSAmdqnHM</a>  <a href="https://www.youtube.com/watch?v=.Sziyxn4pLw">https://www.youtube.com/watch?v=.Sziyxn4pLw</a>  Revision Guide pg 123-124  Use the Ever Learner</p>
10	<p><b>Motivation</b>  Definitions of:</p> <ul style="list-style-type: none"> <li>• Intrinsic motivation</li> <li>• Extrinsic motivation</li> </ul> <p>Uses and effects of:</p> <ul style="list-style-type: none"> <li>• Intrinsic motivation</li> <li>• Extrinsic motivation</li> </ul>	<p><a href="https://www.youtube.com/watch?v=p9yYzzJgYyQ&amp;list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb&amp;index=3">https://www.youtube.com/watch?v=p9yYzzJgYyQ&amp;list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb&amp;index=3</a>  Revision Guide pg 124  Use the Ever Learner</p>
11	<p><b>Arousal</b>  Definition of arousal;  effects of arousal:</p> <ul style="list-style-type: none"> <li>• Drive theory</li> <li>• Inverted U theory</li> <li>• Catastrophe theory</li> </ul>	<p><a href="https://www.youtube.com/watch?v=7130zWCUhYA&amp;list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb&amp;index=4">https://www.youtube.com/watch?v=7130zWCUhYA&amp;list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb&amp;index=4</a>  Revision Guide pg 125-127  Use the Ever Learner</p>
12	<p><b>Anxiety</b>  Definition of anxiety  Types of anxiety: state &amp; trait  Response to anxiety: somatic and cognitive, zone of optimal functioning.</p>	<p><a href="https://www.youtube.com/watch?v=Zl-L7bBhZ-U&amp;index=5&amp;list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb">https://www.youtube.com/watch?v=Zl-L7bBhZ-U&amp;index=5&amp;list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb</a>  Revision Guide pg 127  Use the Ever Learner</p>
13	<p><b>Aggression</b>  Definition of aggression  Theories of aggression:</p> <ul style="list-style-type: none"> <li>• Instinct</li> <li>• Social learning</li> <li>• Frustration-aggression hypothesis</li> <li>• Aggressive cue hypothesis</li> </ul>	<p><a href="https://www.youtube.com/watch?v=DirTha8cbAI&amp;index=6&amp;list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb">https://www.youtube.com/watch?v=DirTha8cbAI&amp;index=6&amp;list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb</a>  Revision Guide pg 128  Use the Ever Learner</p>
14	<p><b>Social Facilitation</b>  Definition of social facilitation and social inhibition</p>	<p><a href="https://www.youtube.com/watch?v=H5w8ClqwTM&amp;index=7&amp;list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb">https://www.youtube.com/watch?v=H5w8ClqwTM&amp;index=7&amp;list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb</a>  Revision Guide pg 128-129  Use the Ever Learner</p>

	<p>The effect of an audience on:</p> <ul style="list-style-type: none"> <li>• introverts/extroverts</li> <li>• beginners/experts</li> <li>• simple/complex skills</li> <li>• gross/fine skills</li> </ul> <p>Evaluative apprehension Strategies to minimise social inhibition.</p>	
15	<p><b>Groups and Teams-</b> definition Stages of Group formation Steiner's model Ringlemann Effect Social Loafing</p>	<p>Pg 130-131 revision guide <a href="https://www.youtube.com/watch?v=ie86AKyBhPM">https://www.youtube.com/watch?v=ie86AKyBhPM</a> <a href="https://www.youtube.com/watch?v=vsfk3tQmtw">https://www.youtube.com/watch?v=vsfk3tQmtw</a> Use the Ever Learner</p>
16	<p><b>Goal Setting-</b> reasons for goal setting Different types of goal</p>	<p>Pg 132 revision guide <a href="https://www.youtube.com/watch?v=MeChdwU-53E">https://www.youtube.com/watch?v=MeChdwU-53E</a> <a href="https://www.youtube.com/watch?v=ArdvcoHcqYQ">https://www.youtube.com/watch?v=ArdvcoHcqYQ</a> Use the Ever Learner</p>
17	<p><b>Memory</b> Multi store memory model  Craik and Lockhart's level of processing model</p>	<p>Pg 119-121 revision guide <a href="https://www.youtube.com/watch?v=7G9IK_mUmRE">https://www.youtube.com/watch?v=7G9IK_mUmRE</a> <a href="https://www.youtube.com/watch?v=D-71amvAeXU">https://www.youtube.com/watch?v=D-71amvAeXU</a> Use the Ever Learner</p>
18	<p><b>Attribution</b> Weiner's model Controllability Learned Helplessness and Mastery Orientation</p>	<p>Pg133-134 revision guide <a href="https://www.youtube.com/watch?v=6WIVL_SgmN4">https://www.youtube.com/watch?v=6WIVL_SgmN4</a> Use the Ever Learner</p>
18	<p><b>Confidence</b> Bandura's model of self-efficacy Vealey's model of sports confidence</p>	<p>Pg135-136 revision guide <a href="https://www.youtube.com/watch?v=6WIVL_SgmN4">https://www.youtube.com/watch?v=6WIVL_SgmN4</a> <a href="https://www.youtube.com/watch?v=xWy6GUqBD9A">https://www.youtube.com/watch?v=xWy6GUqBD9A</a> Use the Ever Learner</p>
19	<p><b>Leadership-</b> characteristics of good leaders Emerged and Prescribed leaders Leadership Styles Theories of Leadership Chelladurai's model</p>	<p>Pg137-139 revision guide <a href="https://www.youtube.com/watch?v=EWm0xst9dS0">https://www.youtube.com/watch?v=EWm0xst9dS0</a> <a href="https://www.youtube.com/watch?v=MiN6ycsgWmw">https://www.youtube.com/watch?v=MiN6ycsgWmw</a> Use the Ever Learner</p>
20	<p><b>Stress Management</b> Definition and causes of stress Cognitive and Somatic stress management techniques</p>	<p>Pg140-141 revision guide <a href="https://www.youtube.com/watch?v=43GSw9XNH-s">https://www.youtube.com/watch?v=43GSw9XNH-s</a> <a href="https://www.youtube.com/watch?v=Zl-L7bBhZ-U">https://www.youtube.com/watch?v=Zl-L7bBhZ-U</a> Use the Ever Learner</p>

### 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/UCsTQPIFOFMbbNoOducKEmqQ>

#### 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>

Specification: <https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

Past papers: Accessible via Teams