



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>Skill Classification</p> <p>Justification of placement of skills on continua:</p> <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) 	<p>https://www.youtube.com/watch?v=MyJzoXqfVx4</p> <p>Revision Guide pg 108-109</p> <p>Use the Ever Learner</p>
2	<p>Types & Methods of practice</p> <p>Characteristics and uses of each:</p> <ul style="list-style-type: none"> • Part practice • Whole practice • Whole/part-whole practice • Progressive/part practice • Massed practice • Distributed practice • Fixed practice <p>Varied practice</p>	<p>https://www.youtube.com/watch?v=6YWJ95bHjXU</p> <p>Revision Guide pg 110-111</p> <p>Use the Ever Learner</p>
3	<p>Theories of learning:</p> <ul style="list-style-type: none"> • Operant conditioning 	<p>https://www.youtube.com/watch?v=Ry0awoLKS2E</p> <p>Revision Guide pg 114</p> <p>Use the Ever Learner</p>

	<ul style="list-style-type: none"> • Cognitive theory of learning <p>Bandura's theory of social/observational learning</p>	
4	<p>Transfer</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>https://www.youtube.com/watch?v=U4vEhyezmo</p> <p>Revision Guide pg112-113</p> <p>Use the Ever Learner</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>https://www.youtube.com/watch?v=n7UcobScnck</p> <p>Revision Guide pg 115</p> <p>Use the Ever Learner</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>https://www.youtube.com/watch?v=MxZeasc-wCA</p> <p>Revision Guide pg 116</p> <p>Use the Ever Learner</p>
7	<p>Feedback</p> <p>Types and uses of feedback:</p> <ul style="list-style-type: none"> • Intrinsic • Extrinsic • Positive • Negative • Knowledge of performance • Knowledge of results <p>Advantages and disadvantages of</p>	<p>https://www.youtube.com/watch?v=V-cPCokSIHI</p> <p>Revision Guide pg 117-118</p> <p>Use the Ever Learner</p>

	using each type of feedback.	
8	<p>Personality</p> <p>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>https://www.youtube.com/watch?v=XJPYTSjaE-M&index=2&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb</p> <p>Revision Guide pg 122-123</p> <p>Use the Ever Learner</p>
9	<p>Attitudes</p> <p>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>https://www.youtube.com/watch?v=ldJSAMDqnHM</p> <p>https://www.youtube.com/watch?v=Sziyxn4pLw</p> <p>Revision Guide pg 123-124</p> <p>Use the Ever Learner</p>
10	<p>Motivation</p> <p>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>https://www.youtube.com/watch?v=p9yYzzJgYyQ&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb&index=3</p> <p>Revision Guide pg 124</p> <p>Use the Ever Learner</p>
11	<p>Arousal</p> <p>Definition of arousal; effects of arousal:</p> <ul style="list-style-type: none"> • Drive theory • Inverted U theory • Catastrophe theory 	<p>https://www.youtube.com/watch?v=7130zWCUhYA&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb&index=4</p> <p>Revision Guide pg 125-127</p> <p>Use the Ever Learner</p>
12	<p>Anxiety</p> <p>Definition of anxiety</p> <p>Types of anxiety: state & trait</p>	<p>https://www.youtube.com/watch?v=Zl-L7bBhZ-U&index=5&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb</p> <p>Revision Guide pg 127</p> <p>Use the Ever Learner</p>

	Response to anxiety: somatic and cognitive, zone of optimal functioning.	
13	<p>Aggression</p> <p>Definition of aggression</p> <p>Theories of aggression:</p> <ul style="list-style-type: none"> • Instinct • Social learning • Frustration-aggression hypothesis • Aggressive cue hypothesis 	<p>https://www.youtube.com/watch?v=DIrTha8cbAI&index=6&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb</p> <p>Revision Guide pg 128</p> <p>Use the Ever Learner</p>
14	<p>Social Facilitation</p> <p>Definition of social facilitation and social inhibition</p> <p>The effect of an audience on:</p> <ul style="list-style-type: none"> • introverts/ex troverts • beginners/ex perts • simple/complex skills • gross/fine skills <p>Evaluative apprehension</p> <p>Strategies to minimise social inhibition.</p>	<p>https://www.youtube.com/watch?v=H5w8ClqwTM&index=7&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb</p> <p>Revision Guide pg 128-129</p> <p>Use the Ever Learner</p>
15	<p>Groups and Teams-</p> <p>definition</p> <p>Stages of Group formation</p> <p>Steiner's model</p> <p>Ringlemann Effect</p> <p>Social Loafing</p>	<p>Pg 130-131 revision guide</p> <p>https://www.youtube.com/watch?v=ie86AKyBhPM</p> <p>https://www.youtube.com/watch?v=vsfkk3tQmtw</p> <p>Use the Ever Learner</p>
16	<p>Goal Setting- reasons for goal setting</p> <p>Different types of goal</p>	<p>Pg 132 revision guide</p> <p>https://www.youtube.com/watch?v=MeChdwU-53E</p> <p>https://www.youtube.com/watch?v=ArdvcoHcqYQ</p> <p>Use the Ever Learner</p>
17	<p>Memory</p> <p>Multi store memory model</p> <p>Craik and Lockhart's level of processing model</p>	<p>Pg 119-121 revision guide</p> <p>https://www.youtube.com/watch?v=7G9IK_mUmRE</p> <p>https://www.youtube.com/watch?v=D-71amvAeXU</p> <p>Use the Ever Learner</p>
18	<p>Attribution</p> <p>Weiner's model</p> <p>Controllability</p>	<p>Pg133-134 revision guide</p> <p>https://www.youtube.com/watch?v=6WIVL_SgmN4</p> <p>Use the Ever Learner</p>

	Learned Helplessness and Mastery Orientation	
18	Confidence Bandura's model of self-efficacy Vealey's model of sports confidence	Pg135-136 revision guide https://www.youtube.com/watch?v=6WIVL_SgmN4 https://www.youtube.com/watch?v=xWy6GUqBD9A Use the Ever Learner
19	Leadership- characteristics of good leaders Emerged and Prescribed leaders Leadership Styles Theories of Leadership Chelladurai's model	Pg137-139 revision guide https://www.youtube.com/watch?v=EWm0xst9dS0 https://www.youtube.com/watch?v=MiN6ycsgWmw Use the Ever Learner
20	Stress Management Definition and causes of stress Cognitive and Somatic stress management techniques	Pg140-141 revision guide https://www.youtube.com/watch?v=43GSw9XNH-s https://www.youtube.com/watch?v=Zl-L7bBhZ-U Use the Ever Learner

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>