



# Year 12 Assessment Checklist

<b>Subject: PE</b>		<b>Paper 2: Psychological Factors Affecting Performance</b>	<b>Duration: 1 Hour</b>
<b>What to revise:</b>		<b>How to revise it:</b>	
1	<p><b>Classification of skills:</b></p> <p>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>Class book PPT – Microsoft Teams The Everlearner Quizlet Cards - <a href="https://tinyurl.com/2s3ueyne">https://tinyurl.com/2s3ueyne</a> Knowledge Organiser</p>	
2	<p><b>Practice:</b></p> <p>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> <li>• Varied practice</li> </ul>	<p>Class book PPT – Microsoft Teams The Everlearner Quizlet Cards - <a href="https://tinyurl.com/yck723r6">https://tinyurl.com/yck723r6</a> Youtube Video - <a href="https://tinyurl.com/mp4wkmu6">https://tinyurl.com/mp4wkmu6</a> and <a href="https://tinyurl.com/5cxpz56t">https://tinyurl.com/5cxpz56t</a> Knowledge Organiser</p>	
3	<p><b>Transfer of skills:</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>Class book PPT – Microsoft Teams The Everlearner Quizlet Cards - <a href="https://tinyurl.com/ryhjub35">https://tinyurl.com/ryhjub35</a> Youtube Video - <a href="https://tinyurl.com/88upd9uh">https://tinyurl.com/88upd9uh</a> Knowledge Organiser</p>	
4	<p><b>Stages of learning:</b></p> <ul style="list-style-type: none"> <li>• Cognitive</li> <li>• Associative</li> <li>• Autonomous</li> </ul>	<p>Class book PPT – Microsoft Teams The Everlearner Youtube Video - <a href="https://tinyurl.com/4953zbuw">https://tinyurl.com/4953zbuw</a> Knowledge Organiser</p>	
5	<p><b>Types and uses of guidance:</b></p> <ul style="list-style-type: none"> <li>• Verbal</li> <li>• Visual</li> <li>• Manual</li> <li>• Mechanical</li> </ul>	<p>Class book PPT – Microsoft Teams The Everlearner Quizlet Cards - <a href="https://tinyurl.com/7mxpvvt6">https://tinyurl.com/7mxpvvt6</a> Youtube Video - <a href="https://tinyurl.com/y4bew39f">https://tinyurl.com/y4bew39f</a> Knowledge Organiser</p>	



	<ul style="list-style-type: none"> <li>Advantages and Disadvantages of each</li> </ul>	
6	<p><b>Types and uses of feedback:</b></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>Class book PPT – Microsoft Teams The Everlearner Quizlet Cards - <a href="https://tinyurl.com/35yxjt73">https://tinyurl.com/35yxjt73</a> Youtube Video - <a href="https://tinyurl.com/5n6dmvrX">https://tinyurl.com/5n6dmvrX</a>, <a href="https://tinyurl.com/sbjkry74">https://tinyurl.com/sbjkry74</a> and <a href="https://tinyurl.com/sn64jd8t">https://tinyurl.com/sn64jd8t</a> Knowledge Organiser</p>
7	<p><b>Group and teams:</b></p> <ul style="list-style-type: none"> <li>Definition of a group</li> <li>Formation of groups (forming/storming/norming/performing)</li> <li>Steiner's Model of group effectiveness</li> <li>Ringelmann effect and social loafing</li> </ul>	<p>Class book PPT – Microsoft Teams The Everlearner Quizlet Cards - <a href="https://tinyurl.com/zufa5uya">https://tinyurl.com/zufa5uya</a> Youtube Video - <a href="https://tinyurl.com/ub6vzvys">https://tinyurl.com/ub6vzvys</a> and <a href="https://tinyurl.com/2xj5a98u">https://tinyurl.com/2xj5a98u</a> Knowledge Organiser</p>
8	<p><b>Goal setting in sports performance:</b></p> <ul style="list-style-type: none"> <li>Importance and effectiveness of goal setting</li> <li>SMART targets</li> </ul>	<p>The Everlearner Quizlet Cards - <a href="https://tinyurl.com/m2xvpywv">https://tinyurl.com/m2xvpywv</a> Youtube Video - <a href="https://tinyurl.com/yknhu6wt">https://tinyurl.com/yknhu6wt</a> Knowledge Organiser</p>
9	<p><b>Leadership in Sport</b></p> <ul style="list-style-type: none"> <li>Characteristics of effective leaders</li> <li>Emergent or prescribed leaders</li> <li>Leadership styles</li> <li>Theories of leadership</li> <li>Chelladurai's multi-dimensional model of sports leadership</li> </ul>	<p>The Everlearner Quizlet Cards - <a href="https://tinyurl.com/35yxjt73">https://tinyurl.com/35yxjt73</a> Youtube Video - <a href="https://tinyurl.com/4eb8v8b2">https://tinyurl.com/4eb8v8b2</a> and <a href="https://tinyurl.com/2tfu59zh">https://tinyurl.com/2tfu59zh</a> Knowledge Organiser</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/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>