



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 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 Revision Guide pg 108-109 Use the Ever Learner</p>	
2	<p>Types & Methods of practice 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 Revision Guide pg 110-111 Use the Ever Learner</p>	
3	<p>Theories of learning:</p> <ul style="list-style-type: none"> • Operant conditioning • Cognitive theory of learning <p>Bandura's theory of social/observational learning</p>	<p>https://www.youtube.com/watch?v=Ry0awoLKS2E Revision Guide pg 114 Use the Ever Learner</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. 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 using each type of feedback.</p>	<p>https://www.youtube.com/watch?v=V-cPCokSIHI</p> <p>Revision Guide pg 117-118</p> <p>Use the Ever Learner</p>
8	<p>Personality</p> <p>Definition of personality; personality types;</p> <ul style="list-style-type: none"> • Introvert/extrovert • Stable/unstable • Type A/ Type B; <p>theories of personality:</p> <ul style="list-style-type: none"> • Trait – • 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 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 https://www.youtube.com/watch?v=.Sziyxn4pLw Revision Guide pg 123-124 Use the Ever Learner</p>
10	<p>Motivation 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 Revision Guide pg 124 Use the Ever Learner</p>
11	<p>Arousal 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 Revision Guide pg 125-127 Use the Ever Learner</p>
12	<p>Anxiety Definition of anxiety Types of anxiety: state & trait Response to anxiety: somatic and cognitive, zone of optimal functioning.</p>	<p>https://www.youtube.com/watch?v=Zl-L7bBhZ-U&index=5&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb Revision Guide pg 127 Use the Ever Learner</p>
13	<p>Aggression Definition of aggression 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 Revision Guide pg 128 Use the Ever Learner</p>
14	<p>Social Facilitation Definition of social facilitation and social inhibition</p>	<p>https://www.youtube.com/watch?v=H5w8ClqwTM&index=7&list=PLzh4kOin3WApCmIIWemYVJa4t8B-qFnwb Revision Guide pg 128-129 Use the Ever Learner</p>

	<p>The effect of an audience on:</p> <ul style="list-style-type: none"> • introverts/extroverts • beginners/experts • simple/complex skills • gross/fine skills <p>Evaluative apprehension Strategies to minimise social inhibition.</p>	
15	<p>Groups and Teams- definition Stages of Group formation Steiner's model Ringlemann Effect Social Loafing</p>	<p>Pg 130-131 revision guide https://www.youtube.com/watch?v=ie86AKyBhPM https://www.youtube.com/watch?v=vsfkk3tQmtw Use the Ever Learner</p>
16	<p>Goal Setting- reasons for goal setting Different types of goal</p>	<p>Pg 132 revision guide https://www.youtube.com/watch?v=MeChdwU-53E https://www.youtube.com/watch?v=ArdvcoHcqYQ Use the Ever Learner</p>
17	<p>Memory Multi store memory model Craik and Lockhart's level of processing model</p>	<p>Pg 119-121 revision guide https://www.youtube.com/watch?v=7G9IK_mUmRE https://www.youtube.com/watch?v=D-71amvAeXU Use the Ever Learner</p>
18	<p>Attribution Weiner's model Controllability Learned Helplessness and Mastery Orientation</p>	<p>Pg133-134 revision guide https://www.youtube.com/watch?v=6WIVL_SgmN4 Use the Ever Learner</p>
18	<p>Confidence Bandura's model of self-efficacy Vealey's model of sports confidence</p>	<p>Pg135-136 revision guide https://www.youtube.com/watch?v=6WIVL_SgmN4 https://www.youtube.com/watch?v=xWy6GUqBD9A Use the Ever Learner</p>
19	<p>Leadership- characteristics of good leaders Emerged and Prescribed leaders Leadership Styles Theories of Leadership Chelladurai's model</p>	<p>Pg137-139 revision guide https://www.youtube.com/watch?v=EWm0xst9dS0 https://www.youtube.com/watch?v=MiN6ycsgWmw Use the Ever Learner</p>
20	<p>Stress Management Definition and causes of stress Cognitive and Somatic stress management techniques</p>	<p>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</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