

GCSE PE Homework Booklet – Year 11 Term 2

Task 1:

Learn the keywords on this term's knowledge organiser. These will feature in this term's knowledge recall starter activities. You could read through the words, write them out, create a match up activity or get someone to test you.

Task 2: (to be completed at the end of a topic – your teacher will inform you of the date.)

Complete the practise exam questions on page one of this term's knowledge organiser.

Task 3

Update your practical performance activity log.



Deviance in Sport

Injury prevention – to prevent injury performers and coaches should recognise and identify risks and reduce them.



Using the right principles of training to over overuse injuries



Understand and following the rules of the sport during play



Using appropriate protective clothing



Checking the equipment to make sure it is in good condition and age appropriate



Following a full warm up and cool down






Checking the facilities



Ensuring competition is balanced

Performance Enhancing Drugs (PEDs)

The rewards that come with winning are so great that athletes are increasingly tempted to cheat. Fame, money and pressure are commonly cited despite the health risks or even death.

Drug			
Beta Blockers	Slows heart rate, calms and steadies hands	Lowest blood pressure and oxygen delivery to muscles	Target sports 
Anabolic Steroids	Promote muscle growth and promotes a faster recovery time	High blood pressure, aggressive behaviour & develops male features	Power Events - 100m 
Stimulants	Increased alertness and reduce tiredness	Heart rate irregularities & increased aggression.	Boxing 100m sprint 

Exam Questions

Explain using a sporting example, the intended effect of anabolic steroids (2 marks)

Explain using a sporting example the intended effect of beta blockers (2 marks)

Explain using a sporting examples the intended effect of stimulants (2 marks)

Name two side affects of stimulant (2 marks)

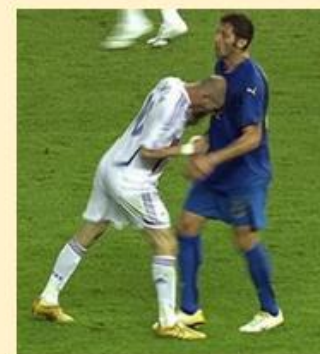
Name two side affects of anabolic steroids (2 marks)

Name two side affects of Beta blockers (2 marks)

Other than direct physical changes, why may a sports performer take performance enhancing drugs (4 marks).

Reasons player may be violent

- (frustration) as a result of losing
- as physical retaliation / as a reaction to a challenge / tackle
- over arousal during the game
- (annoyed by) poor decisions by officials
- to gain an advantage / to hurt your opponent
- taunting from crowd / opponents
- controlled aggression may be required for effective play
- as a result of the influence of drugs



Reasons athletes take performance enhancing drugs

The physiological advantages gained resulting in improved performance

Pressure from sponsors, team mates, coaches, team doctors or parents

To stay or to get to the top of the sport

To achieve their dream / goal

To win or to gain prize money

To win and gain support, popularity or fame.

Characteristics of skilful movement in sport.

Examples of skilful movement

Characteristics of skilful movement - PFACE

Predetermined – knowing what you are going to do before you do it

Fluent – one flowing smooth action

Aesthetic – pleasing on the eye

Coordinate – using more than one body part at once for a desired outcome

Efficient – moving with wasting time or energy (eg a swimmer quickly moving through water using a good technique to not waste energy)



Sportsmanship: Showing respect through, being polite and fair behaviour while participating in a game or athletic event; fair play. Eg. 1. In Football - Helping someone up if you accidentally knock them down. 2. Apologising in badminton if you accidentally hit your opponent with the shuttle.

Gamesmanship: Bending the rules of the game to gain an advantage. Eg 1. A professional foul on the edge of the box to stop an opponent from scoring. 2. Faking an injury to waste time at the end of a game of football because you are winning but the score is close.

Possible exam questions

- Using a sporting example, explain the pre-determined characteristic of skillful movement (2 marks)
- Using a sporting example, explain the fluent characteristic of skillful movement (2 marks)
- Using a sporting example, explain the aesthetic characteristic of skillful movement (2 marks)
- Using a sporting example, explain the coordinated characteristic of skillful movement (2 marks)
- Using a sporting example, explain the efficient characteristic of skillful movement (2 marks)
- Name the 5 characteristics of skillful movement (1 mark)
- Define Sportsmanship (1 mark)
- Define Gamesmanship (1 mark)
- Give 2 examples of sportsmanship (2 marks)

Can you think of two occasions when you have demonstrated sportsmanship and gamesmanship? How could the picture show sportsmanship in one situation but

