

## Year 11 Revision List

### GCSE PE Year 11 Revision List Mock 2024 - Paper 2

#### PAPER TWO J587/02 Socio-cultural issues and sports psychology

##### 2.2 Sports psychology

- Characteristics of skilful movement
  - ❖ know the definition of motor skills
  - ❖ understand and be able to apply examples of the characteristics of skilful movement:
    - ❖ efficiency, pre-determined, co-ordinated, fluent, aesthetic
- Classification of skills
  - ❖ know continua used in the classification of skills, including:
    - simple to complex skills (difficulty continuum)
    - open to closed skills (environmental continuum)
    - be able to apply practical examples of skills for each continuum along with justification of their placement on both continua.
- Goal setting
  - ❖ understand and be able to apply examples of the use of goal setting:
    - for exercise/training adherence
    - to motivate performers
    - to improve and/or optimise performance
  - ❖ understand the SMART principle of goal setting with practical examples (Specific, Measurable, Achievable, Recorded, Timed)
    - be able to apply the SMART principle to improve and/or optimise performance.
- Types of guidance
  - ❖ understand types of guidance,
    - their advantages and disadvantages, visual, verbal, manual mechanical.
    - be able to apply practical examples to their use
- Types of feedback
  - ❖ understand types of feedback and be able to apply practical examples to their use:
    - intrinsic, extrinsic, knowledge of performance, knowledge of results, positive, negative