



**GCSE Physical Education**  
**Topic 4 Homework Booklet**  
**Psychology**  
**Paper 2**  
**Mr Barrett**

**Name** \_\_\_\_\_

<b>HW No</b>	<b>Topic</b>	<b>Issue Date</b>	<b>Deadline</b>	<b>Completed on time</b>	<b>Mark</b>
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**Lesson 1 – Classifications of Skills Homework**

**Q1.**

Tackling is a skill used in rugby.  
Define skill.

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**(Total 1 mark)**

**Q2.**

(a) Describe what is meant by an open skill.

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**(1)**

(b) Give an example of an open skill from a named activity.

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**(1)**  
**(Total 2 marks)**

**Q3.**

Outline the difference between self-paced **and** externally paced skills.  
Use sporting examples in your answer.

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**(Total 4 marks)**

**Q4.**

What type of skill is a basketball free throw? Justify your answer.

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**(Total 4 marks)**

**Q5.**

Give an example of a complex skill.  
Justify your choice.

Example \_\_\_\_\_

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**(Total 4 marks)**

Name an closed skill.

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**(Total 1 mark)**

**Extra Space/Corrections:**

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## Lesson 2 – Goal Setting Homework

Q1.

Which **one** of these is the 'S' in SMART targets of goal setting?

A Simple

B Sound

C Special

D Specific

(Total 1 mark)

Q2.

Milo is having beginner lessons from a golf coach at a local club. He has been completing a putting test every week to assess the accuracy of his putting skills. The test is taken over 100 putts.

On completion of the putting test in week 4, he was then asked to set his own target score for week 5.

The table below shows the results of tests and the target score set for week 5.

	Week 1	Week 2	Week 3	Week 4	Target score week 5
Successful putts	22	30	36	38	64

(a) Analyse the information in the table above. Identify **two** ways Milo can make his target score for week 5 'SMART'.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

(b) Explain why the golf coach may use performance goals to help motivate Milo to improve his score in week 5.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

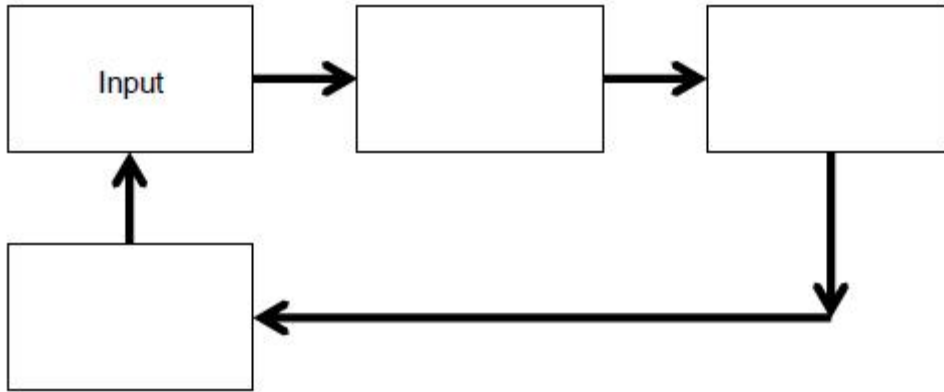
(2)  
(Total 4 marks)

**Lesson 3 – Information Processing Homework**

Q1.

- (a) Sports performers need to process information to make decisions. These decisions can affect the outcome of their performance.

Complete the diagram below to show the various stages of a basic information processing model.



(3)

- (b) Using a named skill from a team sport of your choice (e.g. football, hockey), explain the input stage of information processing.

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(2)

(Total 5 marks)

**Extra Space/Corrections:**

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## Lesson 4 – Guidance Homework

**Q1.**

Milo is having beginner lessons from a golf coach at a local club. He has been completing a putting test every week to assess the accuracy of his putting skills. The test is taken over 100 putts.

Explain why the golf coach would use the following types of guidance to improve Milo's performance:

- visual
- manual.

Visual \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Manual \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**(Total 4 marks)**

**Q2.**

What is 'visual guidance'?

\_\_\_\_\_

\_\_\_\_\_

**(Total 1 marks)**

**Q3.**

Explain why demonstrations by a coach should be accurate when coaching beginners.

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**(Total 2 marks)**

**Q4.**

State **one** form of visual guidance.

\_\_\_\_\_

\_\_\_\_\_

**(Total 1 mark)**



## Lesson 5 – Feedback Homework

Q1.

Which **one** of these is an example of a football coach giving feedback in the form of **knowledge of results**?

A Keep your head down when you shoot

B That is not good enough

C You did really well

D You scored a goal

**(Total 1 mark)**

Q2.

What is 'feedback'?

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**(Total 1 mark)**

Q3.

Explain how feedback can be used to improve performance in physical activity.

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**(Total 2 marks)**

Q4.

What is meant by 'intrinsic knowledge of performance'?

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**(Total 2 marks)**

Q5.

What is meant by 'extrinsic knowledge of results'?

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**(Total 1 mark)**





**Lesson 6 – The Inverted-U Theory Homework**

Q1.

(a) Define arousal.

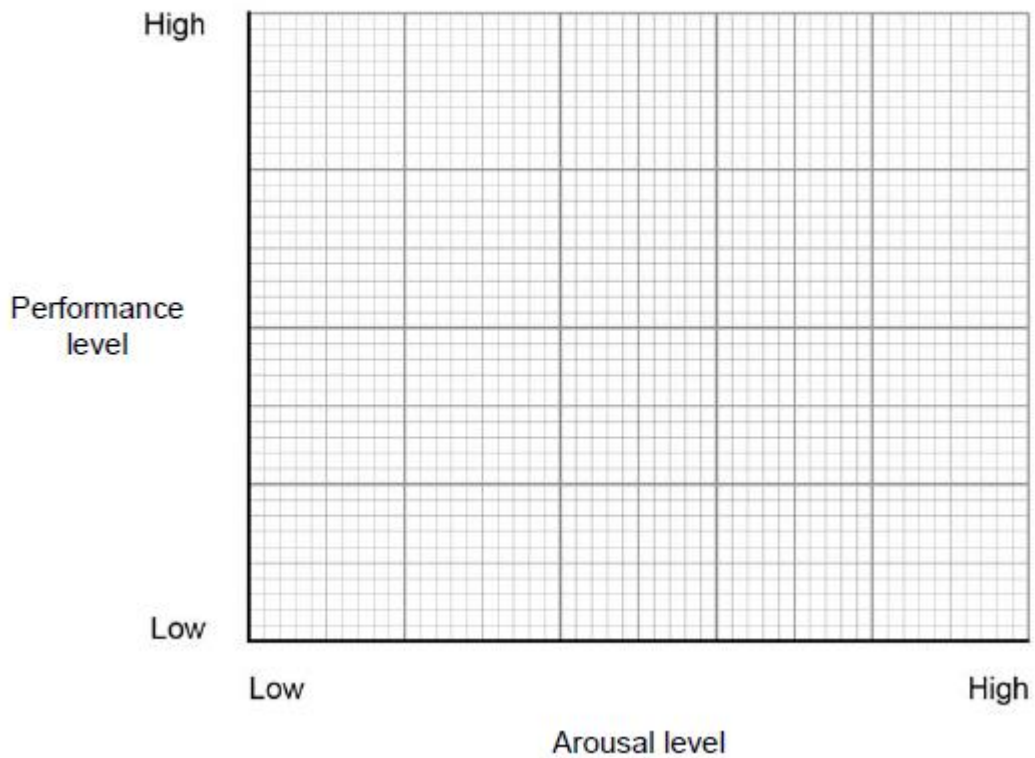
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(1)

(b) Sketch a graph to show the shape of the inverted-U theory in relation to arousal (low to high) and performance (low to high).

**Inverted-U theory graph**



(1)

(c) Describe the relationship between arousal and performance as shown in the inverted-U theory.

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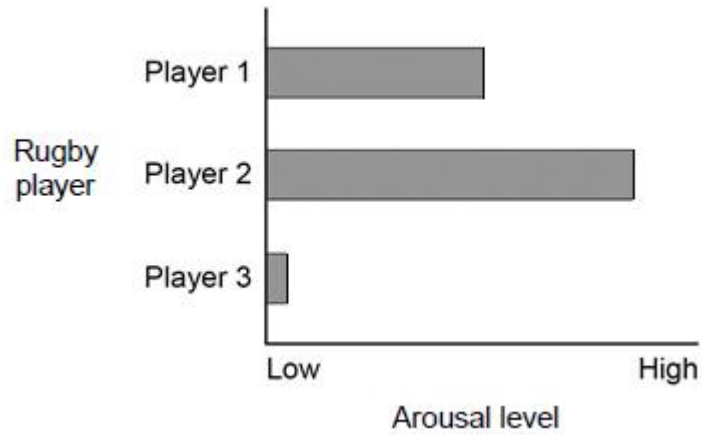
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(2)  
(Total 4 marks)

**Q3.**

The diagram shows the arousal level of three rugby players.



Analyse the information in the diagram above and suggest which player is most likely to successfully perform a rugby tackle. Justify your answer.

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(Total 3 marks)

**Extra Space/Corrections:**

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**Lesson 8 – Aggression Homework**

**Q1.**

Which **one** of these is an example of indirect aggression?

- A** A boxer punching an opponent
- B** A rugby union player making a (high) tackle with force
- C** A judo performer throwing an opponent
- D** A tennis player hitting a shot with power

**(Total 1 mark)**

**Q2.**

(a) What is meant by the term 'aggression' in sport?

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**(1)**

(b) Explain how aggression can be used to improve performance in a named physical activity.

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**(1)**

**(Total 2 marks)**

**Q3.**

Describe how direct aggression may be used to improve performance. Use an example in your answer.

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**(Total 2 marks)**

**Q4.**

Describe how indirect aggression may be used to improve performance. Use an example in your answer.

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**(Total 2 marks)**



### Lesson 9 – Personality Homework

Q1. Which of the following activities would an introvert be most likely to participate in?

- A Football match
- B 5 km run
- C Rugby match
- D Netball match

(Total 1 mark)

Q2. Which **one** of the following activities would be **most** suitable for an extrovert?

- A Cheerleading
- B Archery
- C Cross country running
- D Fencing

(Total 1 mark)

Q3. Which **one** of these activities is most suited to an introvert?

- A Association football
- B Basketball
- C Canoeing
- D Rugby League

(Total 1 mark)

Q4. Which **one** of the following activities would be most suitable for an introvert?

- A Hockey
- B Cross country running
- C Cheerleading
- D Volleyball

(Total 1 mark)

**Q5.**

Performers taking part in physical activity may have different personality types.

(i) What is an introvert?

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(1)

(ii) What is an extrovert?

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(1)

(iii) Describe how **one** of these personality types is particularly suited to a named physical activity.

Personality type \_\_\_\_\_

Physical activity \_\_\_\_\_

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(3)

(Total 5 marks)

**Q6.**

Explain what sports would suit the following personality types:

- introvert
- extrovert.

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(Total 2 marks)

**Extra Space/Corrections:**

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**Lesson 10 – Motivation Homework**

**Q1.**

Which **one** of these is an example of extrinsic motivation?

**A** Personal achievement

**B** Praise

**C** Pride

**D** Self-satisfaction

**(Total 1 mark)**

**Q2.**

Which **one** of these is an example of intrinsic motivation?

**A** Certificate

**B** Medal

**C** Pride

**D** Trophy

**(Total 1 mark)**

**Q3.**

Which **one** of these is an example of intrinsic motivation when learning to swim?

**A** Enjoying the swimming lessons

**B** Moving on to the next swimming level

**C** Receiving badges for distances swam

**D** Receiving praise from the swimming teacher

**(Total 1 mark)**

**Q4.**

What is meant by the term 'motivation'?

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**(Total 1 mark)**

**Q5.**

Explain how motivation can be used to improve performance in a physical activity.

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**(Total 2 marks)**

**Q6.**

The winners of the FA Women's Super League win a trophy at the end of the season.

Evaluate the use of a trophy as a form of extrinsic motivation.

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**(Total 3 marks)**

**Extra Space/Corrections:**

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