

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

Name

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			on time	
	Topic	Topic Issue Date	Topic Issue Date Deadline	Topic Issue Date Deadline Completed on time

Lesson 1 – Classifications of Skills Homework

Q1.	Tackling is a skill used in rugby. Define skill.	
Q2.	(a) Describe what is meant by an open skill.	(Total 1 mark
	(b) Give an example of an open skill from a named activity.	(1
Q3.	Outline the difference between self-paced and externally paced skills. Use sporting examples in your answer.	(1 (Total 2 marks
		(Total 4 marks

Q4.	What type of skill is a basketball free throw? Justify your answer.	
	what type of skill is a basketball free tillow: bustily your ariswer.	
		
		(Total 4 marks)
Q5.	Give an example of a complex skill. Justify your choice.	
Exa	mple	
		(Total 4 marks)
	Name an closed skill.	
		(Total 1 mark)
Extr	ra Space/Corrections:	

<u>Lesson 2 – Goal Setting Homework</u>

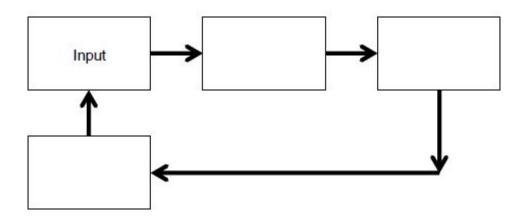
Milo is having beginner lessons from a golf coach at a local club. He has been completing a putting test every week to assess the accuracy of his putting skills. The test is taken over 100 putts. On completion of the putting test in week 4, he was then asked to set his own target score for week 5. The table below shows the results of tests and the target score set for week 5.			ese is the 'S' i	n SMART targ	ets of goal set	ting?	
C Special D Specific (Total 1 maximum 2.) 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 scoweek 5 Successful 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'.	A	Simple				0	
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(a) Analyse the information in the table above. Identify two ways Milo can make his target score for week 5 'SMART'.			22	30	36	38	
(b) Explain why the golf coach may use performance goals to help motivate Milo to improve his score in week 5.							

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.

(2)

(Total 5 marks)

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.

Visu	al	-
		_
Man	ual	-
	(Total 4	_ _ marks)
Q2.	What is 'visual guidance'?	
Q3.	(Total 1 Explain why demonstrations by a coach should be accurate when coaching beginners.	marks)
	(Total 2	_ _ _ marks)
Q4.	State one form of visual guidance.	_
	(Total 1	_ I mark)

Q5.	Using an example, describe how a coach could use manual guidance when teaching a skill.	
Extra	(Total 2 m	arks)

<u>Lesson 5 – Feedback Homework</u>

Q1.		h one of these is an example of a football coach giving feedback owledge of results?	in the form	
	Α	Keep your head down when you shoot	0	
	В	That is not good enough	0	
	С	You did really well	0	
	D	You scored a goal	0	
Q2.	What	t is 'feedback'?	(Total 1 ma	ark)
Q3.	Expla	ain how feedback can be used to improve performance in physica	(Total 1 ma	ark)
			(Total 2 mar	'ks)
Q4.	What	t is meant by 'intrinsic knowledge of performance'?		
Q5.	What	t is meant by 'extrinsic knowledge of results'?	(Total 2 mar	·ks)
			(Total 1 ma	ark)

Q6.	Give one example of extrinsic knowledge of results from a named physical activity.	
	(Total 1	mark)
Q7.	Using an example, explain how 'intrinsic knowledge of performance' is different from 'extrinsic knowledge of results'.	
Extr	a Space/Corrections:	

Lesson 6 – The Inverted-U Theory Homework Q1. (a) Define arousal. (1) Sketch a graph to show the shape of the inverted-U theory in relation to (b) arousal (low to high) and performance (low to high). Inverted-U theory graph High Performance level Low

Arousal level

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

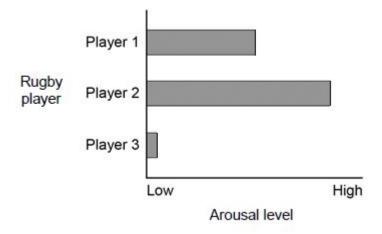
Low

(2)

(1)

High

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.

Extra Space/Corrections:

(Total 3 marks)

<u>Lesson 7 – Stress Management Homework</u>

Q1.	Name two stress management techniques that could be used to control arousal.
1	
2	(Total 2 ma
Q2.	
	Name two stress management techniques and explain how they could be used to control arousal in named sporting activities of your choice.
	(Total 4 ma
Extr	ra Space/Corrections:

<u>Lesson 8 – Aggression Homework</u>

Q1.	Whi	ch one of these is an example of indirect aggression?	
	Α	A boxer punching an opponent	0
	В	A rugby union player making a (high) tackle with force	0
	С	A judo performer throwing an opponent	0
	D	A tennis player hitting a shot with power	0
Q2.	(a)	What is meant by the term 'aggression' in sport?	(Total 1 mark)
	(b)	Explain how aggression can be used to improve performance in a physical activity.	(1) named
Q3.		cribe how direct aggression may be used to improve performance. an example in your answer.	(1) (Total 2 marks)
Q4.		cribe how indirect aggression may be used to improve performance an example in your answer.	(Total 2 marks)
			(Total 2 marks)

Q5.		
	In 2015, Manchester City footballer, Jill Scott, was sent off for an aggressive act in a game against Arsenal ladies. Explain the difference between direct aggression and indirect aggression in physical activity and sport.	a
	(Total 2 ma	rks)
Extr	a Space/Corrections:	

<u>Lesson 9 – Personality Homework</u> **Q1.** Which of the following activities would an introvert be most likely to participate in?

Α	Football match			
^	1 Ootball Match			
В	5 km run	0		
С	Rugby match	0		
D	Netball match	0		
Q2. Which one of the following activities would be most suitable for an extrovert?				
Α	Cheerleading	0		
В	Archery	0		
С	Cross country running	0		
D	Fencing	0		
Q3. Whi	ch one of these activities is most suited to an introvert?	(Total 1 mark)		
Α	Association football	0		
В	Basketball	0		
С	Canoeing	0		
D	Rugby League	0		
(Total 1 mark) Q4. Which one of the following activities would be most suitable for an introvert?				
Α	Hockey	0		
В	Cross country running	0		
С	Cheerleading	0		
D	Volleyball	0		
		(Total 1 mark)		

Q5.		
	Perf (i)	ormers taking part in physical activity may have different personality types. What is an introvert?
		(1
	(ii)	What is an extrovert?
	(iii)	Describe how one of these personality types is particularly suited to a named physical activity.
Pers	onalit	y type
Phys	sical a	ctivity
		(3 Total 5 marks)
Q6.	Expl	ain what sports would suit the following personality types:
	•	introvert extrovert.
		(Total 2 marks
Extr	a Spa	ce/Corrections:

<u>Lesson 10 – Motivation Homework</u>

Q1.	Wh	ich one of these is an example of extrinsic motivation?	
	Α	Personal achievement	0
	В	Praise	0
	С	Pride	0
	D	Self-satisfaction	0
			(Total 1 mark)
Q2.	Wh	ich one of these is an example of intrinsic motivation?	
	Α	Certificate	0
	В	Medal	0
	С	Pride	0
	D	Trophy	0
Q3.			(Total 1 mark)
Which one of these is an example of intrinsic motivation when learning to sw			en learning to swim?
	A	Enjoying the swimming lessons	0
	В	Moving on to the next swimming level	0
	С	Receiving badges for distances swam	0
	D	Receiving praise from the swimming teacher	0
			(Total 1 mark)
Q4.	Wh	at is meant by the term 'motivation'?	
			(Total 1 mark)

Q5.	Explain how motivation can be used to improve performance in a physical activity.	
		_
		_
	(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.	
		_
		_
Extra	(Total 3 a Space/Corrections:	_ marks
		_
		_
		_
		_