



AQA GCSE PE Paper 2 Mock Revision List

Year 11 – March 2025 (Everlearner Checkpoint 8-13)

Sports Psychology	<ul style="list-style-type: none">- Skill and Ability- Classification of a skill- Types of Goals- SMART Targets- Basic Information Processing- Types of Guidance- Types of Feedback- Arousal- Inverted-U theory- Stress Management Techniques- Direct and Indirect Aggression- Personality types (Introverts and Extroverts)
Health, Fitness & Well-being	<ul style="list-style-type: none">- Physical, Mental and Social Health and Wellbeing- Fitness- Sedentary Lifestyle- Obesity- Somatotypes- Energy Use- Nutrition- Hydration
Sociocultural Influences	<ul style="list-style-type: none">- Engagement Patterns (disability, gender, ethnicity.)- Commercialisation (Golden Triangle)- Sponsorship- Technology- Media- PEDs- Hooliganism- Sportsmanship, gamesmanship and etiquette
Data	<ul style="list-style-type: none">- Quantitative data- Qualitative data

Essential equipment

Black pens, pencils, rubber, 30cm ruler and scientific calculator.

Revision materials

CGP Grade 9-1 GCSE Physical Education: AQA revision guides and workbooks.

Revision resources on Teams, SharePoint, GCSEpod and kerboodle.

The Everlearner resources and youtube videos



Testbourne Community School

Suggested revision activities

Make mind maps, revision mats or flash cards for each topic. Answer practice exam questions and use mark schemes to check and correct your answers. There are practice questions and mark schemes on SharePoint.

Complete every checkpoint on The Everlearner.