

AQA - GCSE Physical Education

Paper 2

Homework Booklet

Part 1

Sports psychology

- Classification of skills
- The use of goal setting and SMART targets
- Basic information processing
- Routines and feedback on performance
- Mental preparation for performance

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Part 2

Socio-cultural influences

- Engagement patterns of different social groups
- Commercialisation of physical activity and sport
- Ethical and socio-cultural issues in physical activity and sport

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Part 3

Health, fitness and well-being

- Physical, emotional and social health, fitness and well-being
- The consequences of a sedentary lifestyle
- Energy use, diet, nutrition and hydration



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