



OCR
GCSE
(9–1)

PE
Third Edition
JOHN HONEYBOURNE

An OCR endorsed textbook



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Section 3 Socio-cultural Influences

- 3.1 Engagement patterns of different social groups in physical activities and sports
- 3.2 Commercialisation of physical activity and sport
- 3.3 Ethical and socio-cultural issues in physical activity and sport

Chapter 3.1

Engagement patterns of different social groups in physical activities and sports

Understanding the Specification

You should be familiar with current trends in different social groups' participation in physical activity and sport. You should understand how different socio-cultural factors can affect participation and understand strategies that can be used to

improve participation through promotion, provision and access.

You should be able to apply examples from physical activity/sport to these participation issues.

Key terms

Sport This involves organised competition between individuals or teams that includes physical activity.

Sport England This organisation tries to help communities develop sporting habits for life. It funds other organisations and projects to get people more involved in sport and to help those who wish to pursue sport to the highest level.

Moderate activity In September 2019, the Chief Medical Officer updated the guidelines on physical activity. Instead of the measure of children and young people doing 60+ minutes of moderate activity every day, this has now changed to 60+ minutes a day across the week. This effectively means they need to do 420 moderate minutes or more a week to meet the guidelines.

STUDY HINT

Get to know the current trends in participation using different sources, such as Sport England:

- ✓ trends related to different social groups
- ✓ trends in a range of different physical activities and sports.

Current trends in participation in physical activity and sport in the UK

For the health and fitness of all age groups in the UK, it is important to be aware of and to understand the current position regarding participation in physical activities. This information about levels of engagement will then enable the UK government and sports organisations to target particular groups to increase levels of exercise and sports activities. A population that regularly exercises and gets involved in **sport** is more likely to be healthier and happier. The data referred to in this section is derived largely from publications of **Sport England** research: *Active Lives Children and Young People Survey*, published in 2019 and the *Active Lives Adult Survey*, published in 2020.

Note that this information is taken from Sport England surveys during pre-pandemic England.

Participation for children and young people aged 5–16 (2019)

- 46.8 per cent of children and young people (3.3 million) are meeting the Chief Medical Officer guidelines of taking part in sport and physical activity for an average of 60 minutes or more every day.
- 29.0 per cent (2.1 million) do less than an average of 30 minutes a day.
- 24.2 per cent are 'fairly active' (30–59 minutes per day).

Sport England target for young people (2019)

The target is for young people to do 60+ minutes of **moderate activity** a day across the week.

Participation for children and young people by gender (2019)

Boys (51 per cent or 1.8 million) are more likely to be active than girls (43 per cent or 1.5 million), with a gap of 319 200 between them.

Participation for children and young people by socio-economic status (2019)

Those from low socio-economic (affluence) families are the least likely to be active (42 per cent).

Participation for children and young people by disability and long-term health conditions (2019)

Children and young people with a disability or long-term health condition are more likely to be less active than those without.

Participation for children and young people by ethnicity (2019)

- Asian (35 per cent) and black (34 per cent) children and young people are the most likely to be less active.
- For example: white British are 27 per cent less likely to be active, whereas Asian are 35 per cent less likely to be active.

Participation for children and young people by types of activity (2019)

- Active play and informal activity are common for young people in Years 7–11 (ages 11–16), with nearly half taking part in one typical week.
- Swimming activities do not feature in the top ten for young people in Years 7–11 (ages 11–16), but 14 per cent take part.
- Gym or fitness moves into the top ten for this age group, with a quarter taking part.
- Team sports is the most common activity amongst young people in Years 7–11
- A wide range of activities, from team sports to active play and walking, have seen an increase in the proportion of young people taking part (from 2015–2019).

Summary of participation levels by activity (2019):

- team sports – 63 per cent
- running and athletics – 32 per cent
- gym or fitness activities – 25 per cent
- dance – 22 per cent
- cycling – 19 per cent
- racket sports – 17 per cent.

? Extend your knowledge

Further data is available for **participation rates** in physical activities from other sources such as:

- National Governing Bodies – www.ukssport.gov.uk/sports
- Government's Department of Culture Media and Sport – www.gov.uk/government/organisations/departments-for-digital-culture-media-sport

Key terms

Participation rates This refers to the number of people within a group who are involved in sport compared with those who are not. For example, in a school the participation rates of girls in extra-curricular sport could be 30 per cent. In other words, three out of every ten girls in the school are members of a sports team or club.

Recreation Activities that you enjoy that are not work-related.

Activity

Draw a graph showing the participation levels for each type of activity shown in the Summary of participation levels by activity (2019).

Think of reasons why some activities are more popular than others.

? Extend your knowledge

There is a positive association between levels of engagement in sport and physical activity and levels of mental well-being. Mental well-being scores are higher for those who are active than for those who are fairly active, which in turn are higher than for those who are less active.

Source: **Sport England 2019**

IN THE NEWS

Can sport make us feel happy?

Research by the NHS shows that the five most important ways to feel happy spring from:

- positive emotions
- mental engagement
- strong relationships
- meaning in life
- goal accomplishment.

It probably seems like a tough goal, but many sporting activities can help us to achieve all five at once. Evidence also suggests that if we can do this, we are more likely to sleep better and to thrive at school or work.

Participation for Adults (2019)

Overall, data from Sport England shows that:

- 63.2 per cent (28.6 million) did an average of 150 minutes or more of active exercise per week
- 12.2 per cent (5.5 million) were fairly active but did not reach an average of 150 minutes a week
- 24.6 per cent of adults (11.1 million) did less than an average of 30 minutes a week.

Sport England target for adults

The target from Sport England (2019) is for adults to be physically active for at least 150 minutes a week. More detailed targets show the aspiration of half a million more people becoming more active, with a focus on women and those in lower socio-economic groups (2019).

Participation for adults by gender (2019)

- Men (65 per cent or 14.4 million) are more likely to be active than women (61 per cent or 14.2 million).
- There has been a growth in activity levels for both men and women since 2016 until 2019.
- More women are active (+0.7 per cent, up over 210 000).
- Male participation has remained largely unchanged since 2016.
- In 2020, the gender gap has reduced to 210 900 (3.9 per cent) – down 145 200 (0.7 per cent) since 2016.

Participation for adults by socio-economic status (2019)

- Those in routine/semi-routine jobs and those who are long-term unemployed or who have never worked are the least likely to be active (54 per cent) and most likely to be inactive (33 per cent).
- Activity levels fall from managerial, administrative and professional occupations to routine/semi-routine jobs and those who are long-term unemployed or who have never worked.

- The gap between the higher socio-economic status groups to the lower remains roughly the same, with 18 per cent fewer people from lower social groups being active compared to higher social groups.

Participation for adults by age (2019)

- Activity levels of adults generally decrease with age, with the sharpest decrease coming at age 75+ (to 40 per cent).
- In 2019, there has been a strong growth in activity levels amongst the 55–74 and 75+ age groups.
- The 75+ age group has seen an increase of 250 100 (5.1 per cent) in those who are active, compared to 2018.
- Activity levels are unchanged for the 35–54 age group.
- The 16–34 age group has seen a decline in activity levels in 2019, with those who are active falling by 1.7 per cent, or over 260 000 people, compared to 2018.

Participation for adults by disability and long-term health conditions (2019)

- Activity is less common for adults with a **limiting disability and long-term health condition** (47 per cent) than those without (68 per cent).
- Activity levels decrease sharply the more impairments an individual has – and just 39 per cent of those with three or more impairments are active.
- Amongst adults with a disability or long-term health condition, there has been a steady increase in activity levels amongst those with one or two impairments between 2018 and 2020.

Key term

Limiting disability and long-term health conditions Defined as an individual reporting they have a physical or mental health condition or illness that has lasted or is expected to last 12 months or more, and that this has a substantial effect on their ability to do normal daily activities. (Sport England 2020)

Participation for adults by ethnicity (2019)

- Figures for 'active' in 2020, based on ethnicity:
 - mixed – 68 per cent
 - white other – 65 per cent
 - white British – 65 per cent
 - Chinese – 61 per cent
 - other ethnic group – 61 per cent
 - black – 58 per cent
 - Asian (excluding Chinese) – 54 per cent.
- There are differences observed in activity levels of adults based on ethnicity.
- Activity levels for white British adults are showing a steady increase, but for most ethnic backgrounds there is an underlying flat trend.
- Asian (excluding Chinese) adults have an underlying flat trend despite a drop compared to 12 months ago (–2.5 per cent)
- Adults from mixed ethnic backgrounds have seen a larger drop compared to 12 months ago (–4.8 per cent) which indicates a potential reduction in the proportion who are active.

? Extend your knowledge

Other factors combine with ethnic background to influence levels of activity. When ethnicity and gender are taken into account, black and Asian (excluding Chinese) women are the least active.

Participation for adults by types of activity (2019)

Sport England's research looks at the participation in activities that have been played at least twice over 28 days.

- There are strong upward trends in walking and adventure sports (from 2016–2019).
- Fitness activities have dropped by 619 100 (–1.5 per cent) (2018–2019).
- Running, athletics or multi-sports have dropped by 264 400 (–0.7 per cent) (2018–2019).
- Swimming activities have dropped by 518 800 (–1.2 per cent) (2018–2019).
- Racket sports have seen a drop (2018–2019).

Activity

Table 3.1.1 shows the number of people aged 16 and over playing at least 30 minutes of sport at moderate intensity at least once a week. Analyse this data.

1. Rank order the most popular sports in Year 1.
2. State which sport's participation rates fell the most.
3. State which sport's participation rates rose the most.

▼ Table 3.1.1 Data from government UK source

	Year 1	Year 2	% change
Swimming	2.89 m	2.82 m	+2.39%
Athletics	1.96 m	1.99 m	–1.82%
Football	1.94 m	2.2 m	–11.76%
Cycling	1.87 m	1.93 m	–3.54%
Golf	772 800	908 000	–14.89%
Tennis	424 300	420 300	+0.95%
Squash	257 700	281 100	–8.32%
Cricket	189 400	211 300	–10.36%
Rugby union	166 400	197 500	–15.75%

IN THE NEWS

Participation in physical activities during the pandemic (2020)

During the COVID-19 pandemic, each week for the initial eight weeks of lockdown, Sport England commissioned a survey of the English public to assess their activity levels and attitudes towards physical activity.

- Different types of activity became popular, for example, online 'zoom' fitness classes.
- Older people, lower-income people and those who had to self-isolate, did less activity.
- One quarter of people exercising in April 2020, reported that Joe Wicks was the most influential figure for exercise.
- There was a growth in cycling and walking from March to May 2020.

Summary of the numbers participating by physical activity in England (2019)

- Walking for leisure – 20.3 million
- Fitness activities – 12.9 million
- Running and athletics – 6.6 million
- Cycling – 6 million
- Swimming – 4.2 million
- Team sports – 3 million
- Racket sports – 2 million

IN THE NEWS

Sportswomen 'rich list'

In the period between 1 June 2019 and 1 June 2020, nine of the top 10 highest earning sportswomen were tennis players, with Naomi Osaka at the top. She replaced Serena Williams as the world's highest-earning female athlete.

Osaka and Williams were the only two women to appear in the top 100 highest earning sportspeople: Osaka in 29th place and Williams in 33rd place.

Osaka earned \$37.4 million – and \$34 million of that came from endorsements. (Only Roger Federer had earned more from endorsements in the same period.)

There was only one non-tennis player in the top 10 highest earning sportswomen and that was US soccer player Alex Morgan. She earned \$4.6 million – of that amount, the money she received for endorsements was 10 times that of her actual salary.

Megan Rapinoe, Alex Morgan's team-mate, earned \$4.2 million. Her earnings went up after a boost to her professional profile, when she was offered many sponsorship deals and opportunities to earn speaking fees.

As the period analysed ended in 1 June 2020, the COVID-19 pandemic would only have had a marginal effect. However, it was predicted that the following year's figures would reflect the effects of the pandemic to a greater extent.

? Extend your knowledge

Team GB's top Olympians are four times more likely to have attended private school than the UK population as a whole. Top performers in rowing and hockey in particular are very likely to have been schooled privately. Half of Team GB's winning women's hockey team attended fee-paying schools, as did more than 50 per cent of the medal-winning rowers.

The main factors affecting participation in physical activity and sport

There are many influences on whether people participate in physical activity and sport. There are, of course, people who show no interest in sports whatsoever, but even they may be interested in keeping healthy and may well do some exercise or consider carefully what they eat.

STUDY HINT

In addition to age, disability, ethnicity and gender, the following are key socio-cultural factors that affect participation in sport, which you'll need to learn:

- ✓ religion/culture
- ✓ family
- ✓ education
- ✓ time/work commitments
- ✓ cost/disposable income
- ✓ opportunity/access
- ✓ discrimination
- ✓ environment/climate
- ✓ media coverage
- ✓ role models.

The following are some of the main reasons why people often participate in physical activity:

- ✓ to manage stress
- ✓ to feel good
- ✓ for a sense of well-being
- ✓ to live longer
- ✓ to improve/maintain image
- ✓ for enjoyment
- ✓ to meet people and make friends
- ✓ as a hobby – to learn new skills
- ✓ to please or to copy parents/role models
- ✓ to make money or as a job/vocation.

Age

The average life expectancy has increased and so there are more and more older people who could take advantage of sports opportunities. There are more veterans' teams in a variety of sports and there is a growing awareness that activity in old age can enrich the quality of life experiences. Sport, however, is often perceived as a 'young person's activity' and older age groups may lack confidence in participating.

IN THE NEWS

Age is a factor in participation



▲ Figure 3.1.1 As people reach old age, participation in sport decreases for some

The Sport England research (2019) reveals that as people get older, they are not only more likely to be inactive, they are also more likely to do no physical activity (zero minutes per week).

Around half of those aged 55–64 and 65–74 who are inactive, do no physical activity. This trend of zero physical activity rises even further for those aged 75–84 and those aged 85+.

In addition, we know that over half (51 per cent) of people aged 55 and over who have done no physical activity in the last 28 days have also done nothing throughout the year. This pattern of consistent inactivity is amplified for those aged 75 and over. For example, 70 per cent of those aged 85 and over do no physical activity at all throughout the year.

This demonstrates that many older adults do not have activity as part of their lifestyles at all, and this becomes more common amongst the oldest in our population.

? Extend your knowledge

Health problems

There are genuine health reasons for some people not to participate in sport, although many medical practitioners will encourage an active lifestyle. Most rehabilitation regimes include physical exercise and what better way to exercise than sport?

There is an increase in obesity in the Western world due to our diets and lack of exercise. Embarrassment is a powerful emotion that prevents many people taking the step towards sport. There needs to be encouragement and the right environment for such people to be involved in sport. Joining clubs such as 'Weight Watchers' can encourage some to take exercise, which may lead to participation in a sport. Others would disagree and would find joining such an organisation demeaning and only reinforces individuals' lack of self-worth. This lack of self-esteem is an important factor and must be tackled for an individual to gain the confidence necessary to join others and participate in sport.



▲ Figure 3.1.2 There is an increase in obesity in the Western world due to our diets and lack of exercise

Much evidence points towards a real fall in the levels of participation by 16–19 year olds.

One particular study (Moran (2014) Sport and Exercise Psychology) sampled youth sport participants and found that while over a quarter of children were participating in sport at 10 years of age, this dropped significantly to just over 3 per cent at age 18. Females indicated that negative physical and emotional experiences in sport led to their decision to discontinue participation. Males suggested that the competitive nature of participation led to them giving up (especially if they lost in competition).

Gender

There are far more men than women who get involved in sport either to participate or to spectate. Some people still believe that being good

at or interested in sport is somehow 'unfeminine', thus reinforcing male dominance in sport and sport coverage. Certain activities are traditionally linked to either males or females and this can lead to discrimination. For example, the funding for women's football is significantly lower than the funding for men's football in the UK.

A wide-ranging report was published in 2018 by Fifpro, the World Players' Union, which represents 60 000 football players globally.

The report surveyed 3500 Fifpro members and showed that only 1 per cent of players in the FA Women's Super League are mothers, suggesting that clubs do not do enough to support those who have or who would like to have children.

The report also finds that:

- Ninety per cent of professional female players worldwide are considering ending their football careers early.
- Only 9.4 per cent of female players globally are aged 29 and over, compared to 22.4 per cent of male players.
- Twenty-six per cent of Super League players said their clubs do not cover their football expenses.
- Only 1 per cent of Super League players are mothers – while the PFA was unable to supply any figure, it is believed the proportion of male players who have children is multiple times that.

The report continues to show the massive gender equality pay gap, with 88 per cent of players in the Women's Super League, the top tier in England, earning under £18,000 a year, as well as 58 per cent of players considering quitting because of the low level of income.

Work is being done to improve funding in the women's game, after England's women's team achieved their best ever finish at the World Cup in 2015, earning a gold medal, and their semi-final position at the 2019 World Cup. Since then, the number of girls participating in the game has risen – 147 000 female players competed in affiliated league and cup competitions in 2019 (source FA) – a figure which has risen from just 10 400 in 1993, when records began.

IN THE NEWS

Trans women and sport

In the autumn of 2020, World Rugby updated its guidelines to exclude trans women from playing women's rugby on the grounds of safety. It was suggested that there may be a 20–30% greater risk of injury to a woman who was tackled by another player who has gone through male puberty.

This was criticised by the LGBTQ community, who felt there was not enough scientific evidence to back up the decision. One spokesperson called upon all rugby clubs, at whatever level of the game, to speak out against any ruling that might exclude and impact upon people who are already vulnerable.

Nevertheless, more women are now involved in physical exercise and there is far more interest in health and fitness matters. The participation rates for women in sports such as football and rugby continue to grow, there is an increase in the number of female sports presenters, which may encourage more women to take an interest in sport, and there are fewer instances of open discrimination against women participating in clubs such as golf clubs.

In spite of this progress, however, even now women's sport in the media is often covered because of what they look like rather than their achievements. For example, in newspapers, photographs of women tennis players with comments about their clothing is often at the detriment to discussion of their merits as players. Career earnings and media and television coverage for women severely lag behind.



▲ Figure 3.1.3 The number of female sports presenters is increasing

? Extend your knowledge

Women medallists at Rio 2016

At the Rio Olympics in 2016, watched by a home audience of 9.7 million people, Team GB won 67 medals and finished second on the medal table (with the USA at the top). Team GB had won 65 medals at the London Olympics in 2012 and this was the first time an Olympic team had won more medals immediately after they had hosted the games. To cap this success, Team GB's female athletes won more medals than ever before:

- Laura Kenny won four Olympic titles (the first British female Olympian to do so).
- Dame Katherine Grainger won one gold and four silver medals, becoming Team GB's most decorated female Olympian.
- Amy Tinkler was Team GB's youngest athlete and medallist at a mere 16 years of age.
- The women's hockey team won gold after they defeated The Netherlands' team (the defending champions) on penalties.



▲ Figure 3.1.4 Women are regularly involved at the highest level in many sports previously dominated by men

STUDY HINT

Be prepared for examination questions to link data on participation rates with factors such as gender. For example, men (65 per cent or 14.4 million) are more likely to be active than women (61 per cent or 14.2 million) (Sport England 2019).

? Extend your knowledge

In 2019, UK football introduced the **Rooney Rule**, which means English Football League clubs must interview at least one black, Asian or minority ethnic candidate when searching for a new first-team manager.

However, the rule does not include the Premier League, who say they are pushing other initiatives.

Key term

Rooney Rule This dictates that sporting authorities must interview a black, Asian and minority ethnic (BAME) applicant when recruiting for senior coaching positions. There is no quota or preference given to minorities in the hiring of candidates. The rule is not restricted to sport and has been adopted across a number of other industries. The rule is named after Dan Rooney, former owner of the Pittsburgh Steelers in the USA and former chairman of the NFL's diversity committee.

Ethnicity, religion and culture

Some ethnic groups and religions may support physical activity and sport, or may have high regard for some activities rather than others, and these views may influence participation. Some cultures or religious beliefs may act as barriers for those who wish to participate.

IN THE NEWS

Lack of BAME coaches in English football

In 2020, the top 92 clubs in the English professional leagues had only six black or non-white head football coaches. This followed the FA's plan, announced in 2018, to increase the number of people from a BAME background in leadership and coaching roles.

More than a quarter of the 500 players in the 20 premier league squads are black or mixed race. However, very few of these players go into football management when they retire.

In a bid to address this by the end of 2021, the FA aims for 20 per cent of the England team's coaching staff to come from a BAME background.

Kick It Out

Kick It Out is an independent charity organisation that is concerned with equality and inclusion in English football.

The Kick It Out campaign works with football organisations, education establishments and communities to combat discrimination for everyone throughout the game, including players, spectators and all those who work in the football industry.

The campaign has been associated with anti-racism, but their strategy is to support all those who are under-represented in football.

Kick It Out also campaigns against on-line abuse and provides rehabilitative education for football fans who have been found guilty of discriminatory conduct. Social media companies have faced a lot of criticism for failing to take enough responsibility for offensive comments posted on their sites. Kick It Out has included a drive to 'turn bystanders into activists', for example, via their Take A Stand campaign against on-line abuse.

Black Lives Matter

'Black Lives Matter' is an organisation campaigning against racism, not just in sport but in all walks of life throughout the world.

However, for many years, sportspeople have been using their platform to protest against racial injustice and police brutality. For example:

- 1968 Mexico Olympics – Tommie Smith and John Carlos made the Black Power salute from the winners' podium in a protest about racial inequality.
- August 2016 – Colin Kaepernick of the San Francisco 49ers US football team knelt instead of standing during the pre-game anthems as a protest against racial injustice and police brutality.

However, while Kaepernick's actions hit the world's headlines, they also led to him being criticised by the US President, Donald Trump, and left him without a team to play for.

- August 2020 – two US basketball teams protested against the shooting of Jacob Blake, a black man who was shot in the back seven times by US police. The players wore T-shirts with holes in them, representing how many times he was shot.

In fact, the shooting of Jacob Blake in May 2020 brought sport in the USA to a halt, with protests in support of the Black Lives Matter movement taking centre stage. The US National Football League has since apologised for not listening to players in the past and has encouraged all sportspeople to speak out and protest peacefully. In a role reversal, the players who now attract media attention are the ones who don't 'take the knee'.

Discrimination of any kind has no place in sport or any aspect of society, yet regrettably it may well be a factor that stops those from minority ethnic backgrounds from participating in sport. Some people from minority ethnic backgrounds may feel that they 'don't belong' in certain sports or sports clubs because of the actual or perceived prejudice that might be exhibited by other participants, officials or administrators.

Family

It is much more likely for you to be involved in sport if your parents or guardians participate themselves or promote the benefits of participation. Those whose families do not participate or who show little interest in sport are much less likely to be involved themselves.

Family support is often crucial for young people to be involved in higher levels of competition, with parents and guardians often having to provide transport and funding for their children for sporting activities.

Parents, guardians and other significant members of the family can also make participation difficult through their own high or unrealistic expectations. Some family members put undue pressure on young people, who then become demotivated and disillusioned with sport and therefore give up or are unhappy when they compete.

IN THE NEWS

Parents' sideline behaviour

In 2016, the Director of Grass Roots Football reported that the organisation received around 900 reports every weekend of parents resorting to verbal and/or physical abuse of officials during children's football games. Feelings clearly ran high on the touchline in Surrey one weekend when parents physically assaulted officials. Grass Roots claim that the complaints about incidents are usually very similar, sparked by parents who go over the top, leading to a shove or slanging match.

OCR GCSE (9–1) PE

Third Edition

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Written by a leading PE specialist, this new edition of the bestselling Student Book will guide students through the OCR GCSE (9–1) PE specification, topic by topic, and will help to improve their understanding, analysis, evaluation and application skills through detailed coverage of topics, practice questions and clear insight into the NEA.

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Author

John Honeybourne has taught both GCSE and A Level PE for many years. An experienced PE author and INSET trainer, he is currently an educational consultant and inspector.



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