

PiXL Independence:

PE – Student Booklet

KS4

Sociocultural Influences

Contents:

- I. Quizzes – 10 credits each
- II. Reading Task – 50 credits
- III. Research Task – 30 credits
- IV. Website Task – 80 credits
- V. Long Answer Questions – 100 credits
- VI. Videos – 50 credits

I. Quizzes

Complete the quizzes.

10 credits.

Multiple Choice Quiz

1. Which of the following statements is false?
 - a. Those that participate in sport between the ages of 16-24 are likely to maintain lifelong habits of exercising.
 - b. Approximately 50% of adults participate within sport and physical activity for at least 1 hour per week.
 - c. People who participate in sport and physical activity after the age of 24 are fitter and healthier.
 - d. 60% of teenagers take part in competitive sport outside of school in the UK.

2. What is the most popular physical activity for adults to take part in?
 - a. Snooker
 - b. Swimming
 - c. Boxing
 - d. Football

3. What percentage of women take part in sport activities in the UK?
 - a. 16%
 - b. 22%
 - c. 36%
 - d. 50%

4. Which one of the following does not affect participation in sport?
 - a. Age
 - b. Gender
 - c. School
 - d. Disability

5. Which of the following is not a benefit of getting involved in physical activity?
- a. Improved health and fitness
 - b. Improved wellbeing
 - c. Lower stress levels
 - d. Increased aggression
6. How does media impact on sports participation?
- a. Increases the number of people joining in
 - b. Decreases the number of people joining in
 - c. Increases the number of people watching sport
 - d. Decreases the number of people watching sport
7. Which of the following is not an institution that is aiming to increase participation in sport?
- a. UK Sport
 - b. Sport England
 - c. Governing Bodies
 - d. Change4Life
8. Other than participation in sport which of the following helps to lead to a healthy active lifestyle?
- a. Drinking alcohol
 - b. Smoking
 - c. Eating healthy
 - d. Eating high amounts of fats
9. Which of the following is not part of the 'golden triangle'?
- a. Sport
 - b. Media
 - c. News
 - d. Sponsorship

10. Media is used to promote sport. Which of the following would not be positive for sport?

- a. More exciting and interesting
- b. Makes sport more accessible
- c. Provides more money for the sport
- d. Male sports benefits

11. Which of the following is not a type of sponsorship?

- a. Money for stadiums
- b. Money for equipment
- c. Money for wages
- d. Money for transportation

12. Why would someone gain sponsorship in sport?

- a. Unsuccessful performances
- b. High amounts of injury
- c. Negative role model
- d. Free advertising

13. Sportsmanship is:

- a. The customs we observe surrounding the rules
- b. Involves behaviour that shows fair play
- c. Use of unethical methods to gain an advantage
- d. Human behaviour against society's norms

14. Which of the following is not an example of sportsmanship in cricket?

- a. Shaking hands before the game
- b. Clapping for new batsman
- c. Contesting the referees decision
- d. Umpires decision is final

15. Which of the following is an example of deviance in sport?

- a. Complaining to the referee during the game
- b. Refusing to shake hands after the game
- c. Fighting between players during the game
- d. Diving in the penalty box

16. Which of the following is not an example of performance enhancing drugs?

- a. Anabolic steroids
- b. Stimulants
- c. Tobacco
- d. Beta Blockers

17. Which is not a possible reason for violence in sport?

- a. Frustration
- b. Correct decision from the referee
- c. Copy others behaviour
- d. Getting angry

18. Deviance in sport is:

- a. A person behaving as normal within society
- b. A person behaving differently to the normal within society
- c. A person behaving within the law but using it to their advantage
- d. A person behaving in a socially acceptable way

19. What is not an example of a type of media?

- a. Television
- b. Internet
- c. Radio
- d. Poster

20. Which of the following is not an example of sponsorship in sport?

- a. Logo across the shirt
- b. Providing trainers for a performer
- c. Name within the competition title
- d. Money for scoring a goal

Fill in the Gap Quiz

1. _____ is the number of people within a group who are involved in sport compared with those who are not.
2. Participation for 14 plus in activities lasting at least _____ minutes a week is a target for Sport England.
3. _____ is the most popular sporting activity amongst adults in 2015.
4. More _____ participate in sport than _____ because there are more role models within the media and more funding available.
5. It is much more likely for you to be involved in sport if your _____ participate themselves or promote the benefits of participation.
6. People do not get involved in sport because they cannot find enough time to complete the activity out of _____.
7. _____ is an agency under government direction to provide support for elite sports people.
8. _____ develop individual sports, organising competitions and how the sport is administered nationally.
9. _____ is a sports agency responsible for the development of sport for young people.
10. The golden triangle includes- _____, sponsorship and _____.

11. _____ refers to the influence of commerce, trade or business on an industry to make a profit.
12. One type of sponsorship would be _____. This is so performers can get access to better teams which might be further away from where they live.
13. _____ involves behaviour that shows fair play, respect for opponents and gracious behaviour.
14. _____ is the use of unethical, although not illegal, methods to win a game or gain an advantage.
15. Steroids, beta blockers and stimulants are all examples of _____.
16. _____ involves behaviour that goes against society's normal behaviour.
17. People may become _____ in sport if they become frustrated or copy behaviour from their role models.
18. _____ in sport contains the concepts of gamesmanship, sportsmanship and deviance.
19. _____ help to control the heart rate and keep the athlete calm.
20. _____ work to increase alertness in sports people.

Open Ended Quiz

1. In an activity of your choice describe how gamesmanship might be displayed by a participant.
2. Define etiquette using an example from sport.
3. Describe the effects that stimulants have on a sports performer.
4. Explain two reasons why a sports person may take performance enhancing drugs.
5. Provide two examples of where sportsmanship can be seen within physical activities.
6. Explain why an individual may demonstrate violence in sport.
7. Give two types of media and for each give an example of how a sport is promoted.
8. Explain two positive effects of sponsorship in sport.
9. Describe two negative effects of media in sport.
10. Describe the golden triangle in sport.
11. Using practical examples, explain two forms of sponsorship within sport.
12. What are the main trends in sports participation for gender in the UK?
13. Explain how age impacts sports participation within the UK.

14. What two sports are most popular in the UK and give reasons for their popularity in the UK?
15. Explain two strategies to improve participation in sport.
16. Outline two strategies used to increase participation in females within the UK?
17. Explain the role the Youth Sport Trust plays in increasing sporting participation in the UK.
18. Describe three reasons why people get involved in sport.
19. Explain two reasons why people with disabilities may not take part in physical activity.
20. How does a person's socio-economic group affect their participation in sport?

II. Reading Task

Read and summarise the key ideas within the article – ideally in ten points. Create 5 questions relating to both the article and your specification.

50 credits.

<https://www.reuters.com/article/us-basketball-nba-anthem/nba-commissioner-silver-expects-players-to-stand-for-anthem-idUSKCN1C406J>

<http://www.longfordleader.ie/news/sport/250644/major-ethical-issues-are-challenging-sport.html>

III. Research Task

Research and find an article which supports or disclaims the ideas in the original article. Write a paragraph to summarise your findings. In this paragraph you must provide a sporting example to support your findings.

30 credits.

IV. Website Task

Website task: Select a website and design a power point presentation you could give to a group of students just beginning the GCSE PE course. Include of each slide key notes you could discuss.

80 credits

1. <https://www.sportengland.org/our-work/partnering-local-government/tools-directory/variations-in-participation-research-findings/>
2. <http://www.teachpe.com/resources/gcse/gcse-socio-cultural-influences/>
3. <http://www.bbc.co.uk/ethics/sport/>

V. Long Answer Questions

Choose a longer answer question from the question bank below. Write a response to the question. You must include a plan of what you are going to include, a key word board and your final written answer which is completed in full sentences and paragraphs.

100 credits

1. Research in the UK has shown that physical activity levels reported for people from black and minority ethnic groups aged 16 and over are generally low, especially in women.

- 21% of females from Asian backgrounds participate in sport
- In basketball and cricket more than a third are from a non-white background

Discuss the reasons for low participation levels for black and minority ethnic females and the long term physical effects that such low levels of activity could have.

2. Using practical examples, explain how public, private and voluntary agencies are promoting sport within the UK.
3. Using practical examples, discuss the positive and negative effects of media on the commercialisation of sport in the UK.
4. Explain how sponsorship has influenced the development of sport and physical activity over the past 20 years.
5. Using practical examples, explain the role performance enhancing drugs has within sport.

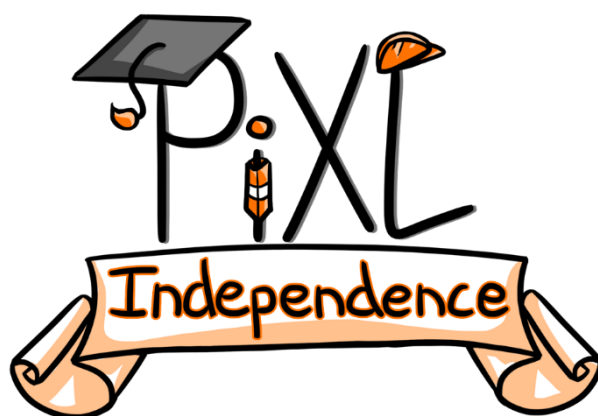
VI. Videos

Produce a video that shows the use of the body in a practical way. The video must include key sporting examples and clear explanations of what is occurring within the video.

Try to include the whole unit topic in one video.

50 credits per topic.

- Engagement patterns
- Factors that affect participation
- Influence of media
- Influence of sponsorship
- Ethics in sport



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