

GCSE PE Revision Session

A synoptic application of the specification to basketball



Education
Durham

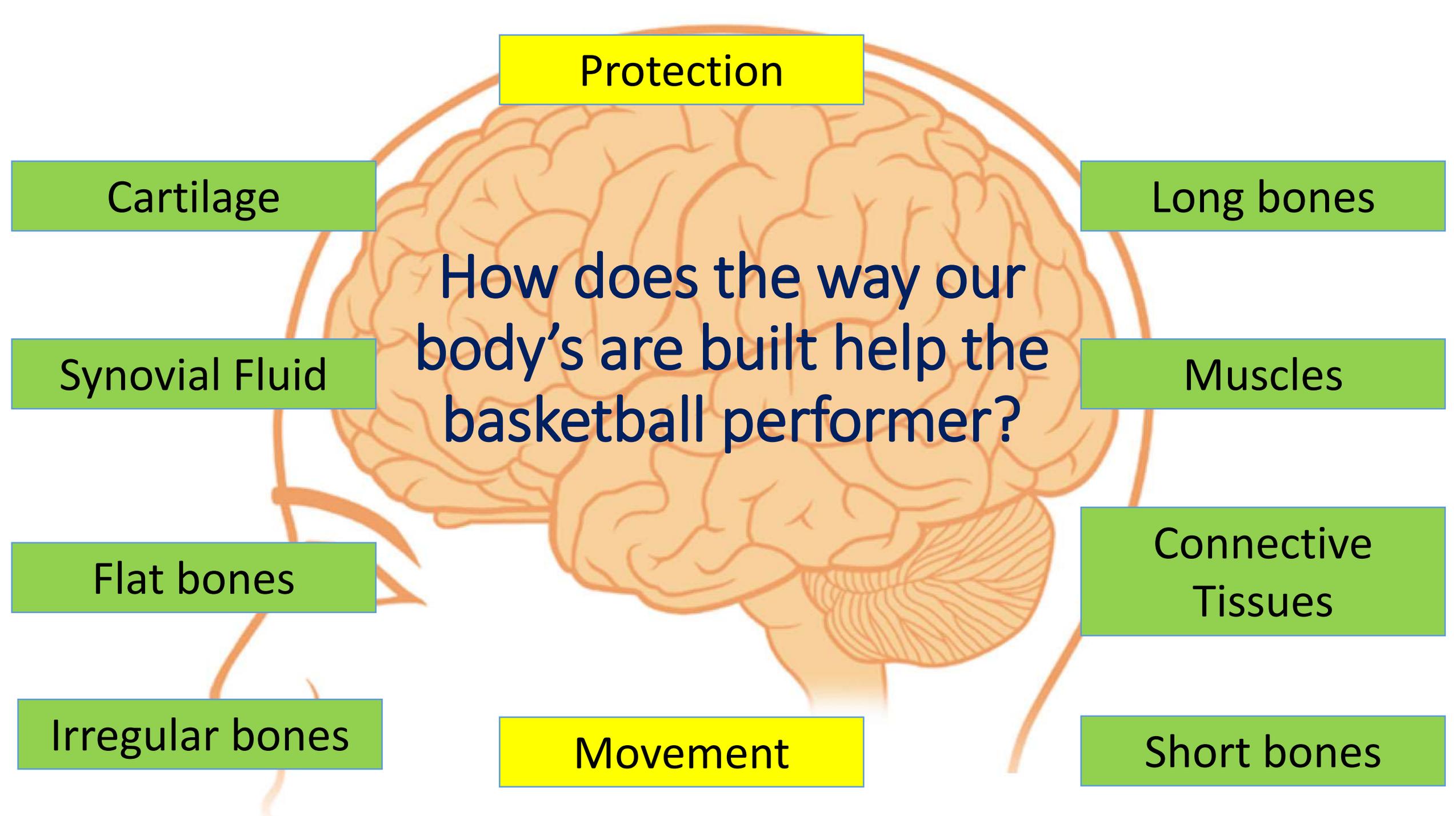


Aims of the Session

- To improve application of knowledge to games players
- To be able to respond accordingly to the exam command words that look at AO2 and AO3
- Have a strategy for extended questions
- To feel confident of success in the summer exams
- To know which revision tasks will work

Key Sport Specific Vocabulary - Basketball

Jump shot	
Free throw line	
Lay up / dunk	
Interception	
Drive to the basket	
Dribble	
Rebound	
Travelling	



Protection

Cartilage

Long bones

Synovial Fluid

Muscles

How does the way our body's are built help the basketball performer?

Flat bones

Connective Tissues

Irregular bones

Movement

Short bones

Connective Tissues - Muscle to Bone

Is it.....

a)Cartilage

b)Tendon

c)Ligament

Connective Tissue – Bone to Bone

Is it.....

a)Tendon

b)Cartilage

c)Ligament

Extends Elbow

Is it.....

a) Triceps

b) Pectorals

c) Biceps

d) Trapezius

Extends Knee

Is it.....

a)Hamstrings

b)Quadriceps

c)Biceps

d)Gluteals

Flexes Knee

Is it.....

a) Quadriceps

b) Deltoids

c) Hamstrings

d) Triceps

Let's Make this harder...

Which muscle **and** type of movement are responsible for *jump-shot take off*?

1. Gluteals & Hip Flexion
2. Latissimus Dorsi & Elbow Extension
3. Quadriceps & Knee Extension
4. Biceps and Knee Extension

Let's make it harder.....

Which muscle **and** type of movement are responsible for *chest pass in basketball*?

1. Hamstrings & Knee Extension

2. Triceps & Elbow Extension

3. Biceps & Elbow Extension

4. Deltoid and Shoulder Abduction

Grade 7+ Muscle Knowledge

Most of the time questions relate to the two common ***antagonistic pairs*** of hamstrings/quadriceps and triceps/biceps. Often for 4 marks with an **explain** command word

Can you explain how muscles work through connective tissues?

Use phrases such as '*muscles attach via tendons, muscles pull on bones, muscles act as levers*'

Can you explain how the agonist and antagonist move?

Use phrases such as '*one contracts one relaxes*'

Let's make it really hard

Which muscle **and** type of contraction are responsible for knee flexion as the basketballer squats in preparation to shoot?

1. Hamstrings & Isometric
2. Quadriceps & Eccentric
3. Hamstrings & Concentric
4. I Need more information

Use **RADAR**

- **R** **READ** the question
- **A** Read it **AGAIN**
- **D** **DECIDE** what the question wants
- **A** **ANSWER** carefully
- **R** **READ** through your answer
-will it get you full marks ?

Strategy

Box the
command
word (AO3)

Underline the
topic(s)/knowl
edge

Go back to the
question/Sport

The diagram below shows the **execution of a jump shot**. The **movement** is brought about by the **muscular and skeletal systems** working together.

Explain how the **muscles and bones** work together to **produce the arm movement from position A to position B** (3 marks)

The diagram below shows the execution of a jump shot. The movement is brought about by the muscular and skeletal systems working together.

Prompt: Explain = Set out purposes or reasons

Explain how the **muscles and bones work together** to produce the **arm movement from position A to position B** (3 marks)

How do muscles work together

Position A



Position B



Muscles Involved

Types of Movement

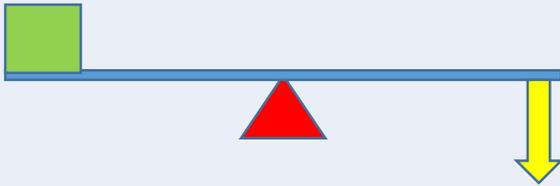
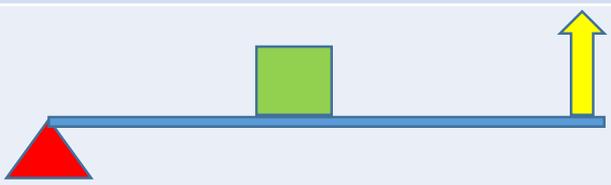
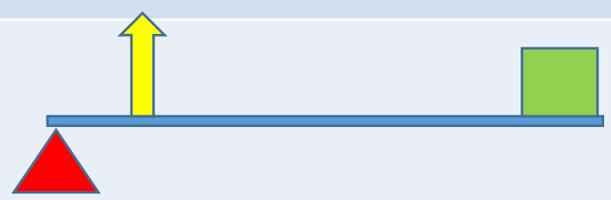
Bones Involved

Levers involved in basketball

	1 st Class	2 nd Class	3 rd Class
Middle Component			
Labelled Diagram			
Movement Example			
Basketball Example			
Mechanical Advantage			
Mechanical Disadvantage			



Levers involved in basketball

	1 st Class	2 nd Class	3 rd Class
Middle Component	Fulcrum	Resistance/Load	Effort
Labelled Diagram			
Movement Example	Elbow Extension	Ankle Plantar Flexion	Everything Else (elbow flexion)
Basketball Example	Elbow extension during a chest pass	Ankle Plantar flexion when taking off for a jump shot/lay-up	Elbow flexion when preparing to shoot
Mechanical Advantage	Large range of movement and any resistance can be moved quickly = speed of pass so not intercepted	Can generate much larger forces = outjump opponent to make a shot	Large range of movement and any resistance can be moved quickly
Mechanical Disadvantage	Cannot apply much force to move an object = distance of pass is limited so long pass maybe intercepted	Slow with limited range of movement	Cannot apply much force to move an object

Levers in basketball & the extended questions (Barrington only)

Evaluate the importance of levers to the success of a basketball performer (6 marks)

AO1 = what each of them are/involve/look like

AO2 – Advantage of first class lever (with impact)

1. One advantage is..

2.

AO3 - Disadvantage of first class lever that starts with a connective

1. However...

2. In contrast..

AO2 – Advantage of second class lever (with impact)

1. One advantage is..

2.

AO3 - Disadvantage of second class lever that starts with a connective

1. However...

2. In contrast..

AO2 – Advantage of third class lever (with impact)

1. One advantage is..

2.

AO3 - Disadvantage of third class lever that starts with a connective

1. However...

2. In contrast..

Conclude – which is likely to have the greatest impact on being successful (why)

Discuss whether basketball is an aerobic or anaerobic sport? (4 marks)

**Knowing about
sub-max**

IMMEDIATE Effects:
Cardiac
Respiratory:
Muscular:

Pathway of blood

O₂ Delivery &
Gaseous Exchange

Redistribution of
Blood

Oxygen Debt / EPOC

SHORT Term Effects

LONG Term Effects:
Cardiac –
Respiratory:
Muscular:

OR

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Fitness for basketball and command words

Explain why (insert component of fitness) is important for a basketball player (3 marks)

Justify the importance of (insert component of fitness) to a basketball player (3 marks)

Discuss the importance of (insert component of fitness) to a basketball player (3 marks)

Connectives:

Fitness for basketball and command words

Explain why (insert component of fitness) is important for a basketball player (3 marks)

Justify the importance of (insert component of fitness) to a basketball player (3 marks)

Discuss the importance of (insert component of fitness) to a basketball player (3 marks)

Fitness Testing for basketball and command words

Why we test	Limitations of testing
1. 2. 3.	1. 2. 3.

Evaluate the use of (insert fitness test) as a suitable test to measure the performance of a basketball player (3 marks)

Blank area for student response.

Fitness Testing for basketball and command words

Why we test = easy marks from spec

1. To measure success of training programme
2. To measure starting levels of fitness
3. To compare against norm values for a fitness rating

Limitations of testing – easy marks consistent to all

1. Often not sport specific
2. Don't replicate the movements of the sport/activity
3. Do not replicate the competitive conditions required by sports

Evaluate the use of (insert fitness test) as a suitable test to measure the performance of a basketball player (3 marks)

Which training method am I describing?

- It is Aerobic
- It involves running for a long period of time
- It will help improve the performance of a marathon runner
- It involves running at the same pace

1. Continuous

2. Fartlek

3. Interval

4. Circuit

Which training method am I describing?

- It involves working on different stations
- You can change the number of repetitions to work harder
- It improves different muscle strength or endurance
- It can improve skills

1. Weight
2. Fartlek
3. Interval
4. Circuit

Methods of Training to improve basketball performance & the extended questions

Evaluate the effectiveness of interval training and circuit training to improve the performance of the school basketball team (8 marks)

AO1 = what each of them are/involve/look like

AO2 – Advantages of Interval training (with impact)

1. One advantage is..

2.

3.

AO3 - Disadvantage of interval training that starts with a connective

1. However...

2. In contrast..

3. On the other hand..

AO2 – Advantages of circuit training (with impact)

1.

2.

3.

Disadvantage of circuit training that starts with a connective

1.

2.

3.

Conclude – which is likely to have the greatest improvement (why)

Brain Break....

Paper 2

A synoptic application of the specification to basketball



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Shot from free-throw line



Chest pass mid court



Drive to the basket / lay-up



Classify the **three** skills using the following continuums: (giving reason for your response)

- Gross / Fine
- Open / Closed
- Self Paced / Externally paced
- Basic / Complex

Shot from free-throw line

Chest pass mid court

Drive to the basket / lay-up

Gross
Reason:



Fine

Open
Reason:



Closed

Self Pace
Reason:



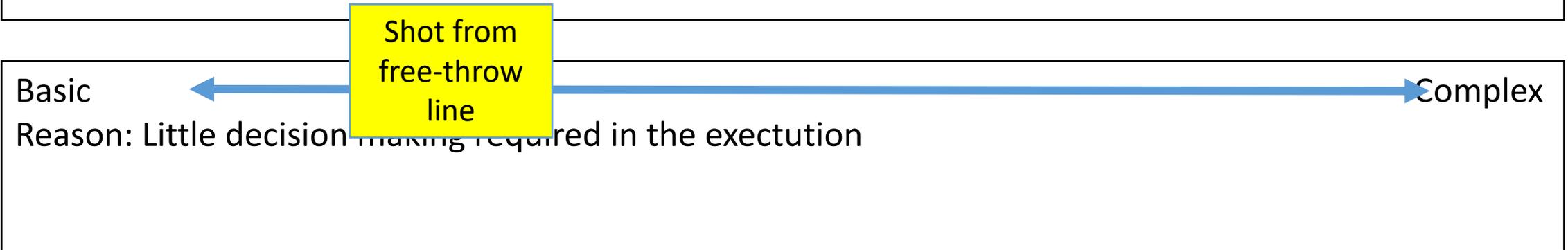
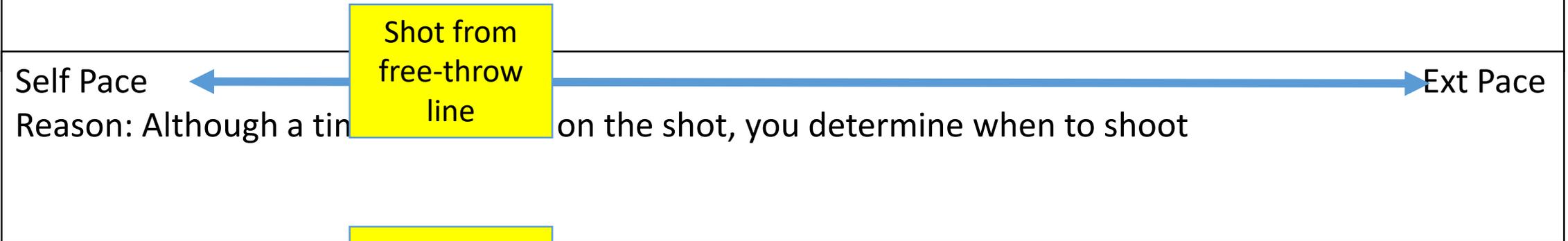
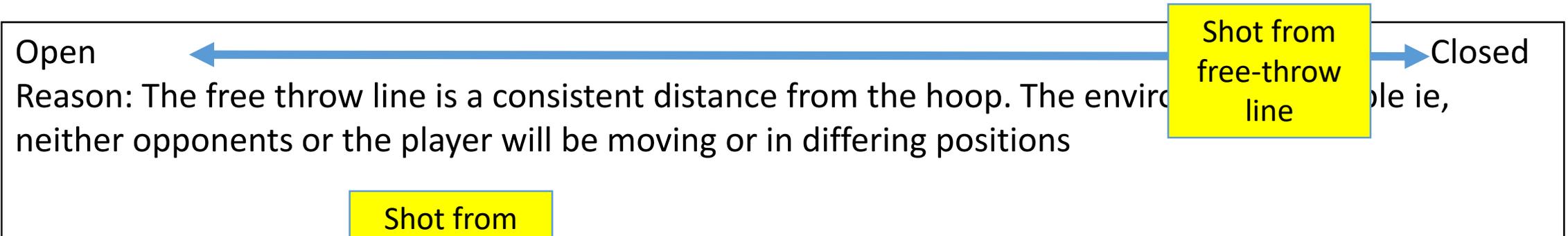
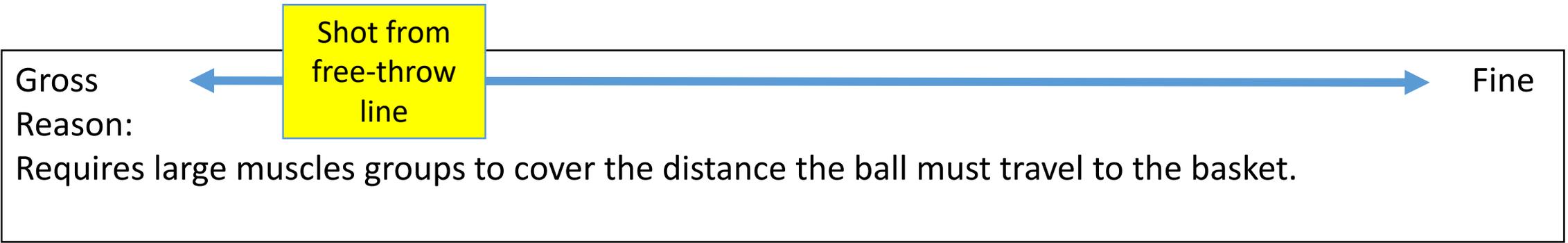
Ext Pace

Basic
Reason:



Complex

There is likely to be a need in classification questions to **justify** or **explain** your choice/reasoning



There is likely to be a need in classification questions to **justify** or **explain** your choice/reasoning

Chest
pass mid
court

Gross ← → Fine

Reason:

Requires large muscles groups to cover the distance the ball must travel quickly to avoid interceptions

Chest
pass mid
court

Open ← → Closed

Reason:

Environment constantly changes, teammate and opponents are in different positions on the court when making this pass.

Chest
pass mid
court

Self Pace ← → Ext Pace

Reason:

You determine when to pass the ball, although there is a shot clock.

Chest
pass mid
court

Basic ← → Complex

Reason:

Will be required to time the execution of the pass to coincide with movements and receiving player, whilst avoiding interception by a number of opponents

Gross Reason:  Fine

Requires large muscles groups to cover the distance quickly, and power when taking off to get near the basket

Open Reason:  Closed

Environment constantly changes, teammate and opponents are in different positions on the court when making this pass, although the target (hoop) remains constant.

Self Pace Reason:  Ext Pace

You determine when to drive based on position of others and clear route to basket, although there is a shot clock.

Basic Reason:  Complex

Will be required to change direction to avoid opponents, time the take off to enable getting close to basket to make the shot, whilst avoiding block/steal by a number of opponents

There is likely to be a need in classification questions to **justify** or **explain** your choice/reasoning

SMART Goals AQA

	Benefit t performer	Basketball Example
SPECIFIC	Increases attention on what needs to be achieved	To improve jump height in order to be more effective when rebounding
MEASURABLE	Increases motivation to improve	To increase the number of points scored in the next game from 6 to 12
AGREED	Increases task persistence as it is possible to achieve	My coach and I have set the goal of improving my defensive rebound success from 60% to 70% over the next three games
REALISTIC	Performer has a clear target to review performance in the short term.	My coach and I have set the goal of improving my defensive rebound success from 60% to 70% over the next three games
TIME PHASED	Increases task persistence to achieve before the deadline	My coach and I have written the goal in my training log of improving my defensive rebound success from 60% to 70% over the next three games

SMART Goals Pearson

	Benefit to performer	Basketball Example
SPECIFIC	Increases attention on what needs to be achieved	To improve jump height in order to be more effective when rebounding
MEASURABLE	Increases motivation to improve	To increase the number of points scored in the next game from 6 to 12
ACHIEVABLE	Increases task persistence as it is possible to achieve	My coach and I have set the goal of improving my defensive rebound success from 60% to 70% over the next three games
REALISTIC	Performer has a clear target to review	My coach and I have written the goal in my training log of improving my defensive rebound success from 60% to 70% over the next three games
TIME PHASED	Increases task persistence to achieve before the deadline	My coach and I have written the goal in my training log of improving my defensive rebound success from 60% to 70% over the next three games

Identify two stress management techniques and explain how they could be used to control a basketball player's arousal during a match. (4 marks)

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Technique	Impact on Performer
Deep Breathing	Exaggerated deep breaths could be used by a basketballer making an important free-throw shot. The technique will allow him to control levels of arousal increasing the accuracy of the shot.
Mental Rehearsal	Imagining successful execution of a shot could lead to increased accuracy and efficiency of technical execution when making a shot from the free-throw line.
Positive Self Talk	This technique develops positive thoughts about your performance which could lead to improved success when rebounding defensively

Motivation, basketball performance & the extended question **Pearson** ONLY

An elite basketball player can be awarded the 'MVP' award recognising Most Valuable Player during the NBA finals.

Evaluate the merits of intrinsic and extrinsic motivation in elite basketball (6 marks)

AO1 = what each of them are

AO2 – Advantages of Intrinsic (with impact)

1. One advantage is..

2.

3.

AO3 - Disadvantage of intrinsic that starts with a connective

1. However...

2. In contrast..

3. On the other hand..

AO2 – Advantages of Extrinsic (with impact)

1.

2.

3.

Disadvantage of extrinsic that starts with a connective

1.

2.

3.

Conclude – which is likely to have the greatest impact on performance (why)

Guidance, basketball & the extended question

Mr Jones is a secondary PE teacher and has to teach a lay-up to Year 7 students for the first time.

Evaluate effectiveness of different types of guidance when teaching a novice how to do a lay-up. (9 marks)

AO1 = what are they

AO2 – Advantages of (with impact)

1. One advantage is..

2.

AO3 - Disadvantage ofthat starts with a connective

1. However...

2. In contrast..

AO2 – Advantages of (with impact)

1.

2.

Disadvantage of that starts with a connective

1.

2.

AO2 – Advantages of (with impact)

1.

2.

Disadvantage of that starts with a connective

1.

2.

Summary statement identifying which will be the best type to use in the lesson

Technology, Commercialisation, Media Matrix

Ensure you can Discuss/Evaluate the effect of the following...

	Pro's and Con's	Pro's and Con's	Pro's and Con's	Pro's and Con's
Media	Player	Supporter	Official	Sport
Commercialisation /Sponsorship	Player	Supporter	Official	Sport
Technology	Player	Supporter	Official	Sport

Basketball performance & the extended question

Evaluate how technical developments could improve the performance of an NBA player (6 marks)

AO1 = what are they

AO2 – Advantages of (with impact)

1. One advantage is..

2.

AO3 - Disadvantage ofthat starts with a connective

1. However...

2. In contrast..

AO2 – Advantages of (with impact)

1.

2.

Disadvantage of that starts with a connective

1.

2.

AO2 – Advantages of (with impact)

1.

2.

Disadvantage of that starts with a connective

1.

2.

Basketball performance, commercialisation & the extended question

AT and T media company have secured a multi-million dollar sponsorship of the NBA league next season.

Analyse the possible impact this could have on both the sport of basketball and the spectator. (6/9marks)

AO2 – Advantages to sport (with impact)

1. One advantage is..
- 2.
- 3.

AO3 - Disadvantage that starts with a connective

1. However...
2. In contrast..
3. On the other hand

AO2 – Advantages to spectators (with impact)

- 1.
- 2.
- 3.

Disadvantages linked to spectators that starts with a connective

- 1.
- 2.
- 3.

Homework – complete this table giving two reasons in each box – try to ensure one reason is for elite and one for a novice performer/beginner

Board		Advantages	Disadvantages
Both	Visual Guidance		
Both	Verbal Guidance		
Both	Manual/Mechanical Guidance		
AQA	Positive Feedback		
AQA	Negative Feedback		
AQA	KR		
AQA	KP		
AQA	Extrinsic		
AQA	Intrinsic		
Pearson	Concurrent		
Pearson	Terminal		

Finally....which revision strategies are proven to work?

- Making your own notes after reading over topics (and checking accuracy of them)
- Using cue cards for definitions – there is a proven method called the Lietner Box which helps retention over time
- Spacing out or varying the topics for revision and the sports in the practice questions
- Developing mind maps (properly) or flow charts where it's a process.