


CNPE Year 11 Exam Countdown

Week Countdown to your formal exam.	<u>Audit</u> These tasks require you to critically evaluate how confident you are on the required knowledge for your exam: Red – Really unsure Amber – I get some of it Green – Confident on all aspects	<u>Memorise</u> These tasks require you to put together tools to help you memorise key information – Flash Cards / Mind Maps etc	<u>Organise Info</u> These tasks require you to link required information like you will need to in your exam. How do topics and content relate?	<u>Apply</u> These tasks require you to test and practice retrieving the required information.
10	<p>1.1.1 Different user groups who participate in sport:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Gender <input type="checkbox"/> People from different ethnic groups <input type="checkbox"/> Retired people/people over 60 <input type="checkbox"/> Families with children <input type="checkbox"/> Carers <input type="checkbox"/> People with family commitments <input type="checkbox"/> Young children <input type="checkbox"/> Teenagers <input type="checkbox"/> People with disabilities <input type="checkbox"/> Parents (singles or couples) <input type="checkbox"/> People who work <input type="checkbox"/> Unemployed/economically disadvantaged people <p>1.2.1 Possible barriers which affect participation in sport:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Employment and unemployment <input type="checkbox"/> Family commitments <input type="checkbox"/> Lack of disposable income <input type="checkbox"/> Lack of transport <input type="checkbox"/> Lack of positive sporting role models <input type="checkbox"/> Lack of positive family role models or family support <input type="checkbox"/> Lack of appropriate activity provision <input type="checkbox"/> Lack of awareness of appropriate activity provision <input type="checkbox"/> The lack of equal coverage in media in terms of gender and ethnicity by the media <p>1.3.1 Possible solutions to the barriers which affect participation in sport:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Access: <ul style="list-style-type: none"> ♣ Increased and appropriate transport availability ♣ Availability of appropriate user group facilities and equipment ♣ Improved access to facilities for all user groups ♣ Appropriate pricing for all user groups <input type="checkbox"/> Provision: <ul style="list-style-type: none"> ♣ Appropriate programmes ♣ Sessions ♣ Activities ♣ Times for the different user groups <input type="checkbox"/> Promotion: <ul style="list-style-type: none"> ♣ The use of targeted promotion ♣ Role models ♣ Initiatives 	<p>Flash Card Activities:</p> <p>Key user group term on one side & Definition on the other.</p> <p>Recognised barriers on one side – solutions to barrier on the other (must fall into 1 of: Access / Promotion / Provision).</p>	<ul style="list-style-type: none"> • Categories user groups that have similar barriers to participation. (Venn Diagram or Flash Cards sorted) • Which user groups face the most barriers? • Which solutions are best to limit as many barriers as possible? 	<p>LO1.1 5 min win on TEAMS. https://forms.office.com/e/GkicgCRbba</p> <p>TA1 Practice Questions</p> <p>Revision Guide Question and Self Mark.</p>

9	<p>1.4.1 Positive and negative impacts on the popularity of sport in the UK includes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> The number of people participating <input type="checkbox"/> The provision of facilities <input type="checkbox"/> Environment/climate activity influences <input type="checkbox"/> Live spectator opportunities <input type="checkbox"/> The amount and range of media coverage <input type="checkbox"/> The high-level success of both individuals and teams <input type="checkbox"/> The number and range of positive role models available in a sport <input type="checkbox"/> Social acceptability <p>1.5.1 The growth of emerging/new sports in the UK:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Examples of current emerging sports <input type="checkbox"/> The development and opportunities to participate in emerging sports 	<p>Flash Card Activities:</p> <p>MRS PEAPS with examples</p> <p>Emerging Sport – definition & Examples</p> <p>Mind Map Task:</p> <p>Mind map the emerging sports that you could use as examples in questions.</p>	<ul style="list-style-type: none"> • Why are some sports more popular than others? <p>Football v Fencing</p>	<p>LO1.2 5 min win on TEAMS.</p> <p>https://forms.office.com/e/cU3Dzcrl7Y</p> <p>TA1 Practice Questions</p> <p>Revision Guide Question and Self Mark.</p>
8	<p>2.1.1 Values which can be promoted through sport:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Team spirit <input type="checkbox"/> Fair play <input type="checkbox"/> Citizenship <input type="checkbox"/> Tolerance AND Respect <input type="checkbox"/> Inclusion <input type="checkbox"/> National pride <input type="checkbox"/> Excellence <p>2.2.1 Olympic and Paralympic:</p> <ul style="list-style-type: none"> <input type="checkbox"/> The Creed <input type="checkbox"/> The Symbol <input type="checkbox"/> The Olympic Values: <ul style="list-style-type: none"> ♣ Excellence, ♣ Friendship ♣ Respect <input type="checkbox"/> The Paralympic values: <ul style="list-style-type: none"> ♣ Courage, ♣ Determination, ♣ Inspiration ♣ Equality 	<p>Flash Card Activities:</p> <p>Values definitions and examples cards</p> <p>Olympic Creed and meaning</p> <p>Olympic & Paralympic values, definitions & examples.</p> <p>Mind Map Task:</p> <p>Mind Map the values you need to know for your exam (generic and Olympic/paralympic). Name them and link to examples you could use to describe / explain in exam questions.</p>	<p>Why is sport encouraged for young people to participate in? Justify participation.</p> <p>When can the Olympic and Paralympic values be seen during the events?</p>	<p>LO2.1 5 min win on TEAMS.</p> <p>https://forms.office.com/e/PZDF4Z9bx</p> <p>TA2 Practice Questions</p> <p>Revision Guide Question and Self Mark.</p>
7	<p>2.3.1 Initiatives, campaigns and events which promote sporting values:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Local <input type="checkbox"/> Regional <input type="checkbox"/> National <p>2.4.1 The importance of etiquette AND sporting behaviour of performers:</p> <ul style="list-style-type: none"> <input type="checkbox"/> The reasons for observing etiquette and sporting behaviour <input type="checkbox"/> Sportsmanship & Gamesmanship 	<p>Flash Card Activities:</p> <p>Examples of local, regional and national sports initiatives.</p> <p>Definitions of and examples of sportsmanship and gamesmanship</p> <p>What is etiquette?</p>	<p>How does positive performer and spectator behaviour benefit sports?</p> <p>Lance Armstrong is a well known drugs cheat. Why would he have used PEDs? Why should have not? What was the impact on cycling?</p>	<p>LO2.3 5 min win on TEAMS.</p> <p>https://forms.office.com/e/JYx7YUe6UT</p> <p>TA2 Practice Questions</p> <p>Revision Guide Question and Self Mark.</p>

	<p>2.4.2 The importance of etiquette AND sporting behaviour of spectators:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Appropriate behaviour when spectating <input type="checkbox"/> Safety <p>2.5.1 The reasons why sports performers use PEDs</p> <p>2.5.2 The reasons why performers should not use PEDs</p> <p>2.5.3 The role of WADA in eradicating the use of PEDs:</p> <ul style="list-style-type: none"> <input type="checkbox"/> WADA's Whereabouts Rule <input type="checkbox"/> WADA testing methods <p>2.5.4 Sanctions to prevent the use of PEDs</p> <p>2.5.5 Educational strategies to prevent the use of PEDs</p> <p>2.5.6 Impact of the use of PEDs on the sport</p>	<p>Poor and good examples. Why is it important?</p> <p>Physical and mental reasons why performers take PEDs</p> <p>List the reasons why performers should not use PEDs</p> <p>What is WADA? What 3 points can you make about the whereabouts rule? How do WADA test?</p> <p>How does having drugs cheats affect a sport?</p>		
6	<p>3.1.1 The types and scheduling of major sporting events:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Regular <input type="checkbox"/> 'One-Off' <input type="checkbox"/> Regular and recurring <p>3.2.1 Positive and negative pre-event aspects of hosting a major sporting event:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bidding for the event <input type="checkbox"/> Infrastructure and transport systems development <input type="checkbox"/> Financial/commercial investment/support <input type="checkbox"/> The potential for increased employment <input type="checkbox"/> Local/national objections to the bidding process <p>3.3.1 Positive & Negative aspects during the event:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Positive aspects/benefits include: <ul style="list-style-type: none"> ♣ Improved social infrastructure ♣ Improved national morale/social cohesion ♣ Increase in national status ♣ Greater national interest in sport ♣ Increased media coverage of the sport(s) ♣ A potential increase in direct and indirect tourism ♣ An increase in short-term employment during the event <input type="checkbox"/> Negative aspects/drawbacks include: <ul style="list-style-type: none"> ♣ An increase in transport, litter and noise 	<p>Flash Card Activities:</p> <p>What are the 3 types of events? What examples link to each – why?</p> <p>What do we mean by Social, Sporting and Economic legacies? What are the positive and negative aspects that could occur before hosting an event?</p> <p>What are the positive and negative aspects that could occur whilst hosting an event?</p>	<p>Pick a recent major sports event (Paris '24 / Rio 2016 / Euro 2024). Evaluate the success of the tournament based on the impact pre, during and post event. Was it worth it?</p>	<p>LO3.1 5 min win on TEAMS. https://forms.office.com/e/9hHu7teupe</p> <p>TA3 Practice Questions</p> <p>Revision Guide Question and Self Mark.</p>

	<p>♣ The potential for an increase in terrorism and crime</p> <p>♣ Poor performance by home nation/team and the impact on national pride/morale</p> <p>♣ Perceived relegation/lack of investment in regional areas not involved in the national event</p> <p>♣ Negative media coverage of perceived deficiencies in the organisation or infrastructure/facilities</p> <p>3.3.2 Immediate and longer-term post-event:</p> <p><input type="checkbox"/> Positive aspects/benefits include: ♣ A legacy of improved/new sporting facilities</p> <p>♣ An increase in the sports' participation</p> <p>♣ An increase in the profile of sports involved</p> <p>♣ A legacy of improved transport and social infrastructure</p> <p>♣ Raising of the city/nation's international profile/ status</p> <p>♣ An increase in future financial investment</p> <p><input type="checkbox"/> Negative aspects/drawbacks include:</p> <p>♣ The event might have costed more to host than the revenue generated</p> <p>♣ Sports facilities unused after the event</p> <p>♣ A loss in national reputation/status if the event was badly organised, the host nation's participants performed badly, or scandals emerged</p>	<p>What are the positive and negative aspects that could occur after hosting an event?</p>		
5	<p>4.1.1 What NGBs do for their sport:</p> <p><input type="checkbox"/> Promote participation</p> <p><input type="checkbox"/> Develop the sport's coaching and officiating infrastructure</p> <p><input type="checkbox"/> Organise tournaments and competitions</p> <p><input type="checkbox"/> Amend the existing rules and apply disciplinary procedures for rule breaking</p> <p><input type="checkbox"/> Ensure safety within their sport</p> <p><input type="checkbox"/> Provide support, insurance and technical guidance to members</p> <p><input type="checkbox"/> Develop policies and initiatives</p> <p><input type="checkbox"/> Lobby for funding</p>	<p>Flash Card Activities:</p> <p>Create a card with a relevant example from a UK National Governing Body on what they do within the following areas:</p> <p>Promotion Development Infrastructure Rules and Safety Support Policies Funding</p>	<p>Thinking about the sports participation pyramid below.</p> <p>How would an NGB help attract performers at the base level and support them moving through to as close to the top of the pyramid as possible?</p> 	<p>LO4.1 5 min win on TEAMS. https://forms.office.com/e/g9gqtLHviu</p> <p>TA4 Practice Questions</p> <p>Revision Guide Question and Self Mark.</p>
4	<p>5.1 The role of technology in sport</p> <p>5.1.1 To enhance performance</p> <p>5.1.2 To increase the safety of participants</p>	<p>Flash Card Activities:</p> <p>Create a flash card for each of the categories of technology. Remember to include</p>	<p>Are performers getting better or is technology the reason for faster, stronger more able performers? What is your opinion?</p>	<p>LO5.1 5 min win on TEAMS.</p> <p>TA5 Practice Questions</p> <p>Revision Guide Question and Self Mark.</p>

	5.1.3 To increase fair play and increase the accuracy of officiating 5.1.4 To enhance spectatorship	examples that you can explain in exam questions.		
3	5.2 Positive and negative effects of the use of technology in sport 5.2.1 Positive: <input type="checkbox"/> Enhanced performance <input type="checkbox"/> Lower risk of injury <input type="checkbox"/> Quicker recovery from injury <input type="checkbox"/> More accurate decisions <input type="checkbox"/> Technical analysis 5.2.2 Negative: <input type="checkbox"/> Unequal access to the same quality of technology <input type="checkbox"/> Increased cost of technological advances <input type="checkbox"/> Availability and affordability of technology <input type="checkbox"/> Potential reduction in the flow of the game through introduction of officiating technology <input type="checkbox"/> Officials' decisions influenced by technology, which does not always apply the best interpretation of the rules 5.2.3 Positive and negative effects of technology on the spectator experience	Flash Card Activities Create a flash card with examples you could use to support that technology is a positive addition to sport. Create a flash card with examples you could use to support that technology is a negative addition to sport. Create a flash card with examples of how technology impacts spectators of sport.	What has been the most recent technology breakthrough in your favourite sport? What category would you place the item in? Is it a positive or negative impact?	LO5.1 5 min win on TEAMS. https://forms.office.com/e/jwYm6mq7s7 TA5 Practice Questions Revision Guide Question and Self Mark.
2	Formal Exam Prep	Take out your flash cards. Sort them into a pile of those you can recall strongly and those which you need to look over. Get a friend or family member to test you on the information you have produced on each card.	Past paper questions	
1	Formal Exam Prep	Take out your flash cards. Sort them into a pile of those you can recall strongly and those which you need to look over. Get a friend or family member to test you on the information you have produced on each card.	Past paper questions	