

Link Mobilise Timing Practice Situations Consistency Attempting Seamless Precision



*Key Stage 3  
Physical Education Key Terms*

**Activity Keywords**  
 Passing Dribbling Shooting  
 Creating Space Intercepting  
 Tackling Feint Dodge  
 Sequence Replicate Movement

**Warm Up & Cool Down**  
 Pulse raiser/Lowering  
 Stretches  
 Sports Specific

Create

Evaluate

Analyse

Adapt

Analyse

Control

Election

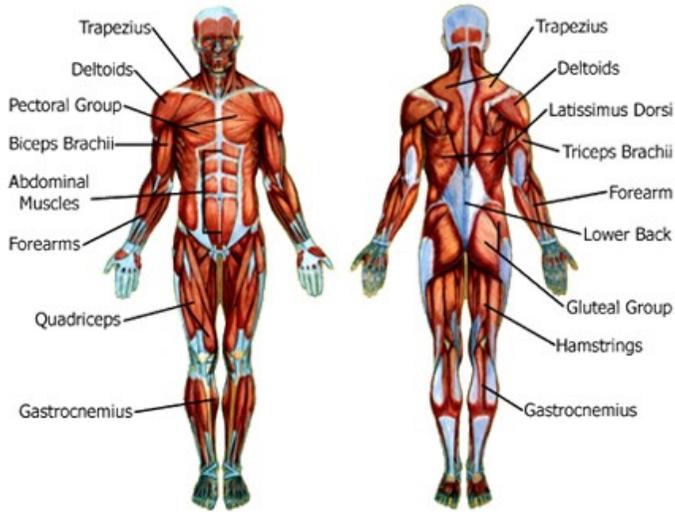
Accuracy

Fluency

Extensive Skills



THE MAJOR MUSCLE GROUPS



**COGNITIVE  
PHYSICAL**

**Anaerobic , Aerobic Fitness,  
 Cardiovascular Endurance,  
 Flexibility, Endurance, Health,  
 Oxygen, Physical, Tactics,  
 Progression, Social, Analysis,  
 Skill, Technique, Coach**

Form Identify Replicate Link Describe Plan Compare Explain Lead Questions

Assignment 1  
Personality



Type A

They find it difficult to stop, even when they have achieved goals.

They feel the pressure of time, constantly working flat out at a very fast pace.

Need to be in control of situations.



Type B

Less competitive.

Prepared to delegate jobs.

Lower levels of stress.

The Type B personality generally lives at a lower stress level and are typically more laid back.

Introverts

Tends to not actively seek excitement

And prefers calm environments.

Selects tasks that require a lot of concentration & usually prefers individual sports.

Cope poorly when distracted (e.g. crowd)



Extroverts:

Extroverts seek out team games

Extroverts cope better in stressful situations with high levels of arousal.

Cope better when distracted (e.g. crowd).

Extroverts can cope with pain better.

Extroverts favour sports requiring gross skills.



BTEC LEVEL 2

The Mind in Sports Performance

LITERACY MAP

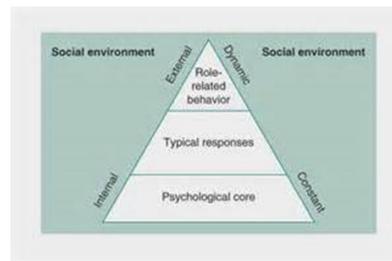
Assignment 2

Motivation

Defined: the direction and the intensity of your effort; it is critical to sporting success

**INTRINSIC MOTIVATION** Internal stimuli is better known as 'INTRINSIC MOTIVATION'

**EXTRINSIC MOTIVATION** External stimuli is better known as 'EXTRINSIC MOTIVATION'



GOAL SETTING—S.M.A.R.T.E.R

Need to Achieve v Need to Avoid Failure



SELF CONFIDENCE and SELF-EFFICACY

Assignment 2

Arousal and Anxiety

**Anxiety** is negative emotional state that is characterised by feelings of nervousness and worry.

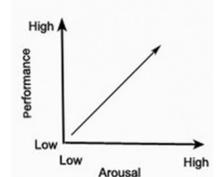
**State** anxiety is a type of anxiety that happens when a performer is placed in a constantly changing situation.

**Trait** anxiety is when a sports performer reacts to situations in a specific way.

**Somatic** anxiety relates to the physical effects of anxiety. It is provoked by bodily symptoms.

**Arousal** is the increased state of readiness of a sports performer in order to perform well for an activity.

DRIVE THEORY



INVERTED U THEORY

