**­­**

**PiXL Independence:**

**PE** – Student Booklet

KS4

Sports Psychology

**Contents:**

1. Quizzes – 10 credits each
2. Reading Task – 50 credits
3. Research Task – 30 credits
4. Website Task – 80 credits
5. Long Answer Questions – 100 credits
6. Videos – 50 credits
7. **Quizzes**

Complete the quizzes.

*10 credits.*

**Multiple Choice Quiz**

1. A motor skill is:
2. Predetermined skill created before the performance
3. An action or task that has a target or goal
4. A movement performed within minimum energy
5. A fluent and co-ordinated movement
6. Which is not a characteristic of a skilful movement?
7. Aesthetic
8. Efficiency
9. Co-ordinated
10. Fast
11. A complex concept that involves interpretation is a definition for which key word?
12. Cognitive
13. Perception
14. Thought
15. Aesthetic
16. A sprint start in swimming is an example of what type of skill?
17. Simple
18. Complex
19. Fine
20. Open
21. Which one of the following is the best example of a closed skill?
22. A free kick in football
23. A centre pass in netball
24. A free throw in basketball
25. A long corner in hockey
26. Which of the following words is not part of the SMART principle?
27. Specific
28. Measurable
29. Rewarding
30. Timed
31. Which of the following is not a reason for not attaining a goal?
32. You did not try hard enough
33. The goal was unrealistic
34. Poor technique
35. Opponent ability
36. Which of the following is an example of a performance goal?
37. To win the long jump in an athletics competition
38. To finish an Insanity work out class
39. To improve technique of a back somersault in trampolining
40. To reach the finals of the netball competition
41. Which of the following is a valid reason for setting a goal?
42. To improve technique for your golf swing
43. To adapt the weather in a golf competition
44. To finish last in the golf competition
45. To reduce skill level
46. When you set a goal, which of the following should you not do?
47. Pace yourself
48. Reward yourself
49. Punish yourself
50. Be realistic
51. Anxiety is:
52. The feeling that something might go wrong
53. The feeling that something might go right
54. The feeling that you are prepared for an event
55. The feeling of calmness
56. Which of the following is not a mental rehearsal technique?
57. Imagery
58. Mental rehearsal
59. Skill practice
60. Selective attention
61. Which one of the following is an example of mental rehearsal in sports performance?
62. Visualising the run up, jump and landing in high jump
63. Controlling the heart rate through meditation
64. Worrying about how your 100m race will go
65. Completing the hop, step, jump in triple jump
66. Which one of the following is a somatic anxiety management technique?
67. Warm Up
68. Cool Down
69. Relaxation
70. Skill Preparation
71. Selective attention is:
72. Performer concentrates on what is relevant
73. Performer concentrates on the whole picture
74. Performer concentrates on opponents
75. Performer concentrates on the crowd
76. Which of the following is not a type of guidance?
77. Visual
78. Verbal
79. Written
80. Manual
81. Which of the following is not a type of feedback?
82. Confidence
83. Negative
84. Positive
85. Extrinsic
86. Which of the following is an example of mechanical guidance?
87. Watching a video of a front somersault
88. Listening to coach’s instructions on how to perform the front somersault
89. Using a harness when performing the somersault
90. Performing a forward roll to feet
91. Knowledge of performance is:
92. Beating another team 1-0 in a football match
93. Scoring 9.6 at the end of a gymnastics floor routine
94. Missing a free throw in basketball
95. Receiving feedback from coach based on passing in netball
96. Which of the following is not an example of extrinsic feedback?
97. Swimmer diving off the blocks feels that their legs are straight
98. Hockey player sees the ball go through the net
99. Referee whistles for a bad tackle
100. Handball players get sent off for 2 minutes

**Fill in the Gap Quiz**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is one in which a predetermined objective is accomplished with maximum efficiency with a minimum outlay of energy.
2. When a footballer takes a free kick using the correct technique it looks good. This is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. When you make a catch in the slip when playing cricket you have a lot of decisions to make, this is an example of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ skill.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are skills that involve intellectual ability of the performer.
5. If the skill is closed, it is more effective to keep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so that the skill becomes grooved.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is important for monitoring and making you accountable for the target/goal that was set.
7. A goal will be hard to reach if the goal set is too \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at this time.
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ goals are when the end result is all that is concerned. For example, whether you win or lose.
9. When creating goals they need to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so that goals are clear and unambiguous so there is more chance for them to be attained.
10. Goals are put in place within sport so that performers are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to achieve their best and have the drive and inspiration to achieve.
11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is otherwise known as self talk, involves the participant in a sport being positive about past experiences.
12. Visualising how to perform an activity from start to finish is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can speed up your reaction to different situations and enables you to focus and concentrate due to allowing you to relax fully.
14. When you block out the crowd when shooting a penalty in football, this is a type of mental preparation called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the feeling or sense that we get when we are completing a movement.
16. When a coach demonstrates how to perform a chest pass in netball, they are supporting the learning through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ guidance.
17. An athlete gets \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ feedback when they perform a shot badly in basketball and they miss the shot.
18. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ feedback is continuous feedback throughout the performance which comes from within the performer.
19. An advantage of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ guidance is it can reduce the fear of a performer whilst completing an activity.
20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is gaining feedback at the end point when you win or lose the match.

**Open Ended Quiz**

1. Using practical examples, explain what is meant by an open skill and a complex skill.
2. Choosing a motor skill in sport, justify your classification of this skill on the environmental continuum.
3. Using a sporting example, describe the main characteristics of a skilful movement.
4. Describe how the classification of skill impacts on training and coaching.
5. Using a practical example, outline the term ‘perception’ and its use in sport.
6. How does goal setting optimise and improve performance?
7. Give three reasons why goals may not be attained by a performer?
8. Explain two benefits of setting appropriate goals.
9. Why is it important that goals are achievable?
10. Select two features of SMART goal setting, using practical examples describe the features of goal setting.
11. Using a practical example, describe the term ‘mental rehearsal’?
12. Give two advantages of positive thinking.
13. Why is selective attention important in sport?
14. Using a sporting example, explain how imagery can help to reduce anxiety.
15. Describe how using mental preparation would aid your sports performance.
16. Using practical examples show how negative feedback can be effective in sports performance.
17. Explain the advantages and disadvantages of verbal guidance.
18. Using practical examples, explain the term ‘manual guidance’.
19. What is the difference between knowledge of results and knowledge of performance?
20. What key factors are needed for feedback to be effective?
21. **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.

5*0 credits.*

<http://www.newspressnow.com/news/local_news/parents-as-teachers-evaluates-childrens-play-skills/article_05da8fa4-805e-5b2f-9d50-ad124230274a.html>

<https://www.theet.com/news/free/schools-work-to-teach-importance-of-goal-setting-with-students/article_f6e2c826-a610-57ca-ad31-2717de2a6840.html>

<https://sports.yahoo.com/underrated-notre-dame-heard-threatening-053701286.html>

<http://www.theaustralian.com.au/business/opinion/feedback-the-key-to-improvement-in-sport-and-business/news-story/b3c14ac09ea0536c4b7f1b2b6a27798c>

1. **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.*

1. **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. <http://www.teachpe.com/sports_psychology/ability.php>
2. <http://www.humankinetics.com/excerpts/excerpts/goal-setting-helps-athletes-perform>
3. <https://www.sportpsych.org/nine-mental-skills-overview>
4. <http://www.teachpe.com/resources/gcse/gcse-sports-psychology/guidance-and-feedback>
5. **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. Using practical examples, describe the four different types of guidance. Outline one benefit of each type of guidance.
2. Using practical examples, explain how mental preparation can benefit sports performance.
3. Feedback is an integral part of sports performance. Discuss the advantages and disadvantages of different methods of feedback within sport.
4. Explain the SMART principle of goal setting and outline why goal setting is important for an active healthy lifestyle.
5. Skills within sport are classified to make it clearer about what is required to learn and perform within a particular skill. Using sporting examples, explain both the environmental and difficulty continuum.
6. **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.*

* Characteristics of skilful movement
* Classification of skill
* Goal Setting
* Mental Preparation
* Types of guidance
* Types of feedback

****

**Commissioned by The PiXL Club Ltd.**

This resource is strictly for the use of member schools for as long as they remain members of The PiXL Club. It may not be copied, sold, or transferred to a third party or used by the school after membership ceases. Until such time it may be freely used within the member school.

All opinions and contributions are those of the authors. The contents of this resource are not connected with, or endorsed by, any other company, organisation or institution.

PiXL Club Ltd endeavour to trace and contact copyright owners. If there are any inadvertent omissions or errors in the acknowledgements or usage, this is unintended and PiXL will remedy these on written notification.