

Personalised Learning Checklist – Physical Education

Exam Board	AQA
Course Name	GCSE Physical Education
Topic Module	Sports Psychology (PAPER 2)

G	I am very confident, and I know this well
A	I am not very confident. I may need to check with my teacher and spend more time working on this
R	I am not confident about this at all. I need to check with my teacher and ensure I have what I need to become confident

PAPER 2 - Sports Psychology				
	☺		☹	Revision card completed (tick)
Definitions of 'Skill' and 'ability'				
Basic definitions of the following skills, including sporting examples. Basic / Complex Open / Closed Self Paced / Externally paced Gross / Fine				
Performance goals = personal performance/no social comparison Outcome goals = winning/final result				
Why do we set goals? Focusing attention, improving effort, concentration and helping develop strategies for success.				
How do we set goals? (SMART – Specific, measurable, accepted, realistic, time bound).				
Input-decision making-output-feedback You must be able to draw the model, define each stage and give a sporting example of each.				
Visual/Verbal/Manual/Mechanical Define each type of guidance and give sporting examples of how it can be used.				
Intrinsic & extrinsic, why do we give performers feedback? Knowledge of results/ Knowledge of performance Positive/negative feedback.				
Definition of arousal You must be able to draw and label (including axis) the Inverted U theory graph and explain the graph. Under aroused – optimal arousal – over aroused.				
Deep breathing/Imagery/ visualisation/mental rehearsal/positive self talk– how can this help improve performance?				
Intrinsic (from within) & Extrinsic (money/prizes/praise/achievements)				
Indirect aggression / Direct aggression Sporting examples of each				
Introvert or extrovert personality. You will need to know the characteristics of each personality types and the type of sport they will play.				
Definition of each type of motivation and sporting examples: Intrinsic Motivation Extrinsic Motivation				