

# Sports Psychology



- Personality
- Arousal
- Anxiety
- Stress
- Coping Strategies
- Aggression vs Assertion
- Motivation
- Goal-Setting
- Crowd Effect
- Home Advantage
- Group Cohesion
- Social Loafing
- Confidence
- Leadership

# PE Summer Work - EH

1. Watch LOTS of sport (Grand Prix, US open golf, Olympics, Wimbledon, etc)
2. Choose two contrasting performances: One winning performance and one loss / defeat / poor performance.
3. Analyse the psychological reasons for both results, using at least 5 key topic headings from the Sports Psychology list.
4. Research these topics in more detail and include additional key terms at A-Level standard (see pgs 20-23 of the PE Edexcel Specification).
5. Compare / Debate / Argue / Evaluate the reasons rather than just describe them.

# Summer Work Checklist

- Plan completed
- Two named performances (W & L)
- 5 Sports Psychology topics discussed
- Detailed key words used for each topic
- Debate / Argument, not just description
- Written as an essay, not bullet points, notes or mind-map
- High quality of written communication (SPAG)
- Typed, not hand-written
- Approximately 1000 words long