

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 (Ryder Cup, FIFA Club World Cup, Women's Rugby World Cup, UEFA Women's Euros, Olympics, US Masters Golf, 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