

Revision Tasks

Subject: GCSE PE

Task 1

Being able to retrieve information is crucial – have a go at these 2 ‘retrieval sheets’. Any information that you do not know you will have to prioritise in your learning.

For each element you have to have ‘Concrete examples’ from sport.

AO1 – Arousal / Stress / Psychological Components

AO1 – Define the following terms

Arousal:

Deep Breathing:

Visualisation:

Self talk:

AO1 – Describe each stress management technique

Stress Management	Description	How to do it

AO1 – Draw and label the inverted U theory of arousal



AO1 – Define and describe the following terms below

Direct Aggression:

Examples:

- 1
- 2

Indirect Aggression:

Examples:

- 1
- 2

AO1 – List sporting examples which require low and high levels of arousal

Low optimal arousal	High optimal arousal

AO1 – Describe the different personality components

Personality Type	Description	Sporting example

Intrinsic Motivation:

Examples:

- 1
- 2

Extrinsic Motivation:

Examples:

- 1
- 2

AO1 – Information Processing / Guidance / Feedback

A01 – Draw and label the information processing model

A01 – Describe each stage of the model

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↓	
↓	

A01 – Define and describe the following terms below

Guidance			
Type of Guidance	Description	Suitable for a beginner or elite	Example

A01 – Define and describe the following terms below

Suitable for beginner or elite?

Positive
Negative
Knowledge of performance
Knowledge of result
Extrinsic
Intrinsic