

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 – Draw and label the inverted U theory of arousal

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

Low optimal arousal	High optimal arousal

AO1 – Describe each stress management technique

Stress Management	Description	How to do it

AO1 – Define and describe the following terms below

<p>Direct Aggression:</p> <p>Examples:</p> <ol style="list-style-type: none"> 1 2
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<p>Indirect Aggression:</p> <p>Examples:</p> <ol style="list-style-type: none"> 1 2
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AO1 – Describe the different personality components

Personality Type	Description	Sporting example

<p>Intrinsic Motivation:</p> <p>Examples:</p> <ol style="list-style-type: none"> 1 2
<p>Extrinsic Motivation:</p> <p>Examples:</p> <ol style="list-style-type: none"> 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