

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



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

Direct Aggression:

Examples:

- 1
- 2

Indirect Aggression:

Examples:

- 1
- 2

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

AO1 – Draw and label the information processing model

AO1 – Describe each stage of the model

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AO1 – Define and describe the following terms below

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

AO1 – Define and describe the following terms below

Suitable for beginner or elite?

Positive
Negative
Knowledge of performance
Knowledge of result
Extrinsic
Intrinsic