

## Unit 1 Task Sheet 1(b)

**AC1.2:** Psychological factors affecting performance in sport.

**Scenario:** You have been asked by your PE teacher to select an elite sporting performer and explain how the different psychological factors listed below can affect their performance.

**Name of Elite Sporting Performer:** \_\_\_\_\_

**Sporting Activity:** \_\_\_\_\_

Psychological Factor	Affect on Chosen Sporting Performance
Motivation (Intrinsic/Extrinsic)	
Anxiety: Somatic (Physical Effects)	
Anxiety: Cognitive (Mental Effects)	

Produce a long term SMARTER target for your chosen sporting performer and the short term goals that will help them achieve the long term goal:

---



---



---



---