

Y11 to Y12 Transition work

Skill Acquisition and Psychology

Task 1)

What is skill?

How did you become skilful at your sport?

Task 2)

What is your sport?

Using your knowledge from GCSE PE what skills make up your sport?

What types of practices are used the most?

What types of feedback and guidance are used the most?

Task 3)

Watch some sporthopefully live but I know that might not be possible! Lots of cup finals have been on TV or You Tube.

How often does the commentator refer to things that you would class as being psychological? ie mental strength, resilience, personality, motivation, attitude etc.

Why do you think psychology is important in sport?