

# **OCR A2 Physical Education**

**Sports Psychology**

## **Teacher Resource File**

**Individual Aspects  
Group Dynamics  
Mental Preparation**

**Emma Stephens**  
for



# OCR Physical Education

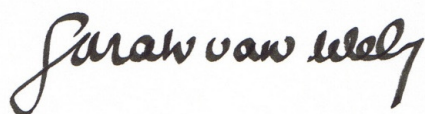
## A2 –Sports Psychology

### Teacher Resource File

This Teacher Resource File has been designed to support teaching and learning of the A2 Sports Psychology section of the G453 theory unit. It has been written for PEfocus by Emma Stephens who is a highly experienced teacher of AS and A2 Level Physical Education having taught all sections of the course for several years. Within her large Sixth Form College PE department Emma has special responsibility for preparing the lessons and teaching/learning materials for the Psychological sections. She is also an experienced examiner.

On this CD/file you will find handouts, worksheets, fill-ins, match up games and various other ‘masters’ to photocopy and use in your classroom. Some will help students with course organisation while others can conveniently be used as warm up and plenary tasks. Some offer handy class or homework activities to check learning and others are for making resources such as question cards that can be used year after year when reviewing work at test or revision time. There are three per set to represent the three main sections of the Sports Psychology specification (individual aspects, group dynamics and mental preparation). It’s not expected that you’ll use everything each year with each group but will select, develop and adapt tasks to suit your needs and your learners. The aim is to provide time saving, high quality and reliable support for busy, enthusiastic teachers.

I hope that you and your students find this resource stimulating, engaging and valuable and I wish you all the very best for an enjoyable and beneficial teaching and learning experience.



**Sarah van Wely**  
PEfocus

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