

S3 ELECTIVE PE

The 4 Factors

TASK 5

Factor: *Mental*

Sub Factor: *Mental Toughness*

# INVESTIGATE

- **First**, you need to find out what MENTAL TOUGHNESS is. Use the following link to help you:

<https://www.realbuzz.com/articles-interests/sports-activities/article/mental-strength-in-sports/>

Mental Toughness is:

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## INVESTIGATE (*CONTINUED*)

How good is your Mental Toughness?

- Give the Mental Toughness Questionnaire on the following slides a go (write your answers on a sheet of paper) .
- Try to answer honestly then mark yourself using the answer sheet to see what your strengths and development areas are.
- Answer True or False for each question.

QUESTIONS 1-6 DEAL WITH  
**"REBOUNDABILITY"** (YOUR SKILL AT  
MENTALLY BOUNCING BACK FROM SETBACKS  
AND MISTAKES).

	TRUE	FALSE
1) I frequently worry about mistakes.		
2) I get really down on myself during performance when I mess up.		
3) It's easy for me to let go of my mistakes.		
4) If I start out badly, it's hard for me to turn my performance around.		
5) I get distracted by what the coach thinks whenever I screw up.		
6) I bounce back quickly from setbacks, bad breaks and mistakes.		

**QUESTIONS 7-12 DEAL WITH THE ABILITY  
TO HANDLE PRESSURE.**

7) I do my best when there's more pressure on me.		
8) I get too nervous to really perform to my potential.		
9) I do better in practice than I do when it really counts the most.		
10) I tend to get easily psyched out or intimidated.		
11) I can keep myself calm and composed under pressure.		
12) I don't want the ball/dread competing at "crunch time." (big game/race).		

**QUESTIONS 13-18 DEAL WITH YOUR  
CONCENTRATION ABILITY.**

13) The coach's yelling knocks me off my game.		
14) I tend to get easily distracted.		
15) Certain opponents can get into my head and throw me off my game.		
16) Lousy playing conditions (weather, field conditions, temperature, etc.) negatively affect me.		
17) I have no trouble focusing on what's important and blocking everything else out.		
18) I think too much about what could go wrong right before and during performance, (the "what if's").		

**QUESTIONS 19-24 DEAL WITH YOUR LEVEL OF CONFIDENCE AND THE FACTORS THAT AFFECT CONFIDENCE.**

19) One or two failures do not shake my confidence.		
20) I tend to compare myself too much with teammates and opponents.		
21) I'd rather compete against a better opponent and lose than go up against a weaker opponent and win.		
22) I am a confident and self-assured athlete.		
23) I tend to be too negative.		
24) I have trouble dealing with negative self-talk (thoughts).		



## QUESTIONS 25-30 DEAL WITH **MOTIVATION.**

25) I get more motivated after failures and setbacks.		
26) It's easy for me to consistently train at a high level of intensity.		
27) I think about how today's practice will help me get to my goals.		
28) I find myself just going through the motions a lot in practice.		
29) I have clear goals that are important for me to achieve.		
30) I am a highly motivated athlete.		

# ANSWER SHEET

FOR EVERY ANSWER MATCHING BELOW, GIVE YOURSELF 1 POINT.

**Section 1:** 1) F 2) F 3) T 4) F 5) F 6) T

**Section 2:** 7) T 8) F 9) F 10) F 11) T 12) F

**Section 3:** 13) F 14) F 15) F 16) F 17) F 18) F

**Section 4:** 19) T 20) F 21) T 22) T 23) F 24) F

**Section 5:** 25) T 26) T 27) T 28) F 29) T 30) T



YOUR  
SCORE

- Overall Total: .....

### **What do my results mean?**

#### **General**

- Scores of 26-30 indicate strength in overall mental toughness.
- Scores of 23-25 indicate average to moderate skill in mental toughness.
- Scores of 22 or below mean that you need to start putting more time into the mental training area.

#### **Specific**

- A score of 6 in any one of the five sections indicates a special strength in that area.
  - A 5 indicates solid skill.
  - A 4 or less highlights that particular area as a mental weakness that needs to be addressed.
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- Include your results from the test when you submit the assignment.

# ANALYSE

- Watch 5 minutes of this rugby game:

<https://www.youtube.com/watch?v=wctl8753mFg>

While you watch, note down 2 or 3 situations where a player needed good *Mental Toughness* to help them be successful.

Describe the situations

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# DEVELOP

During a performance, a player might use an approach called ***Positive SelfTalk*** when faced with a challenging situation or when they make a mistake. This will help them keep going and not give up.

An example of a phrase someone might use could be **“You can do this”**.

- Try to come up with your own phrase to help you with the challenge on the next slide.
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## *CHALLENGE*

Your challenge is to try to juggle with 3 items for 20 seconds.

When you submit your work, let us know how you got on and your record time by posting on Teams.