

**Mental
preparation
for
performance**

“Under Pressure”



UNTAMEDED
EDUCATION

“Under Pressure”

Task Instructions

1. In this task we want to try and create a situation where the students experience arousal and over-arousal.
2. Most people feel this when they have to perform under pressure.
3. Some examples of how to create this pressure are:
 - A spot test.
 - A set shot basketball competition or penalty competition.
 - Answering questions in front of the whole class or someone important.
 - Acting or dancing in front of the class.
4. To increase the pressure exaggerate the importance of their performance.
5. Once they have finished ask them to describe their mental and physical responses.
6. Try some of the psychological warm-up techniques and repeat the test or do something similar.

Variations/Extensions

1. Students are asked to write down situations that make them nervous or over excited. Discuss as a class what the physical and mental responses are in those situations.
2. Students close their eyes and imagine a stressful situation. They then write down their physical and mental responses onto the board.

The Learning

1. The mind and the body are closely entwined especially in learning. If the physical is stimulated so is the mental and strong connections are made in the brain.
2. Experiencing the knowledge is far more powerful in learning than reading and listening to information.