

**Mental  
preparation  
for  
performance**

**“Crossword”**



**UNTAMED**  
EDUCATION

3.2.1 Sports psychology

# “Crossword”

## Task Instructions

1. Write a key word or phrase from the Mental Preparation for Performance Topic in each of the numbered lines.
2. Use the clues for each line to help you.
3. When you have finished ask your teacher for the answers.

## Hints

- Look at the number of letters each word or phrase has and count out your answer before writing it in.
- Write in the answers you are sure of first and then use the letters that cross other answers to help you.

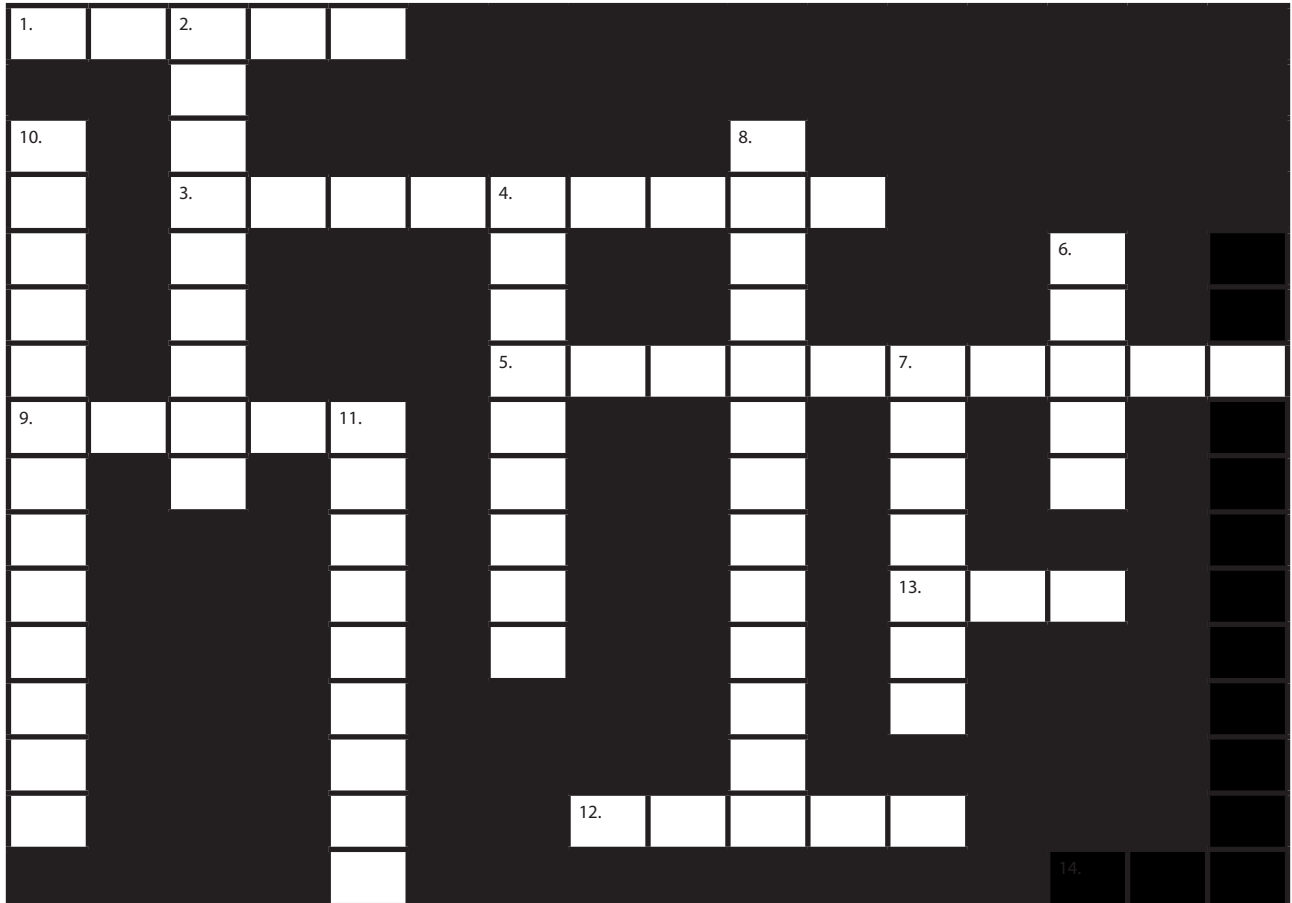
## Variations/Extensions

1. Blow up the crossword to A3 or A2 size and set it as a small group exercise.
2. Combine the crossword with sharades or pictionary. One student is given the answer and they must act it out or draw it for their team.

## The Learning

1. The crossword is a mini test of information so it can be an effective starter (to revise previous learning) or a plenary.
2. It reinforces and revises the spelling of keywords.
3. The brain is stimulated by challenges and solving puzzles.

# “Crossword”



## Across

1. Acronym for goalsetting.(5)
3. Outside motivator.(9)
5. Over-arousal control.(10)
9. A crowd uses this to increase players arousal.(5)
12. Professionals play for this.(5)
14. An intrinsic reason to play.(3)

## Down

2. Motivating hormone.(9)
4. Internal motivator.(9)
6. Do it for internal honour.(5)
7. Your level of readiness to perform.(7)
8. Imagine your success.(13)
10. You may lose this if you become over-aroused.(13)
11. An interactive personality (9)
13. An introverted person can be \_\_\_\_ (3)

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## Answers

### Across

- 1. SMART.
- 3. Extrinsic.
- 5. Relaxation.
- 9. Noise.
- 12. Money.
- 14. Fun.

### Down

- 2. Adrenalin.
- 4. Intrinsic.
- 6. Pride.
- 7. Arousal.
- 8. Visualisation.
- 10. Concentration.
- 11. Heart beat.
- 13. Manipulation

