4.10 Concentration, Selective Attention and Positive Self-Talk: Test Pack

Total Marks

AQA 8582 · Calculators not allowed · about 15 minutes

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 A basketball player needs to focus during a free throw. Which statement best describes selective attention in this context?

- ☐ A) Noticing every sound and movement around the court
- ☐ B) Filtering out crowd noise and focusing on the hoop
- ☐ C) Thinking about previous missed shots during the attempt
- ☐ D) Focusing on the opponent's body language

(Total for Question 1 is 1 mark)

2 Define 'concentration' as it applies to a footballer taking a penalty kick in a match.

(Total for Question 2 is 1 mark)

3 State, in the context of a tennis player during a long rally, what selective attention means.

(Total for Question 3 is 1 mark)

4 Give one short example of a single-word focus cue a high diver could use just before leaving the platform.

(Total for Question 4 is 1 mark)

5 Name one specific cue a cricket batter should focus on immediately before facing a delivery from the bowler.

(Total for Question 5 is 1 mark)

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6 A free-throw shooter in a noisy gym must ignore many distractions. State one example of an irrelevant stimulus they should ignore.

(Total for Question 6 is 1 mark)

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7 Describe one simple technique a tennis player could use to maintain concentration during a long baseline rally in a match.

(Total for Question 7 is 2 marks)

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8 Explain briefly how a basketball free-throw shooter could use a concentration routine to reduce the impact of crowd noise during the shot.

(Total for Question 8 is 2 marks)

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9 Explain why concentration is particularly difficult to maintain during a long endurance event such as a marathon, and describe one technique a runner could use to help maintain it.

(Total for Question 9 is 2 marks)

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10 Explain three reasons why maintaining concentration typically becomes more difficult as a match reaches a high-pressure conclusion, such as the final few minutes of a closely fought football match.

(Total for Question 10 is 3 marks)

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Mark scheme · 4.10 Concentration, Selective Attention and Positive Self-Talk: Test Pack

Question 1

B **B1**

Answer: B (filtering out crowd noise and focusing on the hoop)

Question 2

focusing attention fully on the task in hand, maintaining focus on relevant cues during the penalty kick, oe **B1**

Answer: Concentration is focusing attention fully on the task in hand, maintaining focus on relevant cues during the penalty kick.

Question 3

selective attention is filtering out irrelevant information so the player concentrates on the ball and opponent movement, oe **B1**

Answer: Filtering out irrelevant information so the player concentrates on the ball and opponent movement.

Question 4

any one-word cue such as 'tight', 'finish', 'focus', 'steady', oe **B1**

Answer: For example, 'focus'.

Question 5

e.g. the bowler's hand/release point, or the seam/line of the ball, oe **B1**

Answer: The bowler's hand or release point.

Question 6

any one of: crowd shouting / band noise / an opponent making gestures / a person moving in the stands, oe **B1**

Answer: For example, crowd shouting.

Question 7

example technique, e.g. brief breathing control between points or a focus word, oe **B1**

development explaining how it helps sustain attention on the ball or movement pattern, oe **B1**

Answer: Use a brief breathing control or a single focus word between shots; this resets the mind and sustains attention on the ball and opponent movement so concentration does not drift during the rally.

Question 8

describe a routine step, e.g. fixed number of dribbles, breathing and looking at the rim to centre attention, oe **B1**

development: the routine creates a familiar sequence that directs focus to the task and blocks out crowd noise, reducing distraction, oe **B1**

Answer: Use a fixed routine such as two controlled dribbles, a breath and a final visual check of the rim to centre attention; the routine becomes familiar and directs focus to the task, helping to block out crowd noise and reduce distraction.

Question 9

over a very long duration, physical and mental fatigue build up, making it harder to keep the mind fully focused on relevant technique/pacing cues throughout, oe **B1**

technique, e.g. breaking the race into smaller mental sections/targets, or using a repeated cue word, to keep concentration manageable across such a long event, oe **B1**

Answer: Over a very long duration, physical and mental fatigue build up, making it harder to keep the mind focused on relevant technique and pacing cues throughout, so a runner might break the race into smaller mental sections or use a repeated cue word to keep concentration manageable.

Question 10

physical fatigue increases after a long match, making it harder to keep mentally focused as well as physically effective, oe **B1**

arousal/anxiety typically rises as the result becomes more important with less time to correct a mistake, which can narrow or disrupt attention, oe **B1**

awareness of the scoreline and the consequences of the outcome can become an internal distraction, pulling attention away from the relevant cues needed to play well, oe **B1**

Answer: Physical fatigue makes it harder to stay mentally focused, rising arousal and anxiety as the result becomes more important can disrupt attention, and awareness of the scoreline and its consequences can become an internal distraction that pulls focus away from the relevant cues needed to play well.

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