



PE.SP10 Concentration, Selective Attention and Positive Self-Talk

AQA 8582 · Calculators not allowed · about 30 minutes

Total Marks

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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** Define 'positive self-talk' for a gymnast about to perform a floor routine.

(Total for Question 4 is 1 mark)

- 5** 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 5 is 1 mark)

- 6** Describe how a football goalkeeper could use selective attention when facing a corner kick in a match to improve performance.

(Total for Question 6 is 2 marks)

- 7** 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 7 is 2 marks)

- 8** Explain two benefits that positive self-talk could give a footballer preparing to take a penalty in a cup match.

(Total for Question 8 is 2 marks)

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

(Total for Question 9 is 2 marks)

- 10** Explain how selective attention helps a goalkeeper react more quickly to a deflected shot during an open play situation in a match.

(Total for Question 10 is 2 marks)

- 11** Name one cue a netball shooter should focus on immediately before attempting a shot during a match.

(Total for Question 11 is 1 mark)

- 12** State one clear difference between positive self-talk and negative self-talk for a track sprinter about to start a race.

(Total for Question 12 is 2 marks)

- 13** A footballer about to take a penalty says out loud 'smooth approach, trust the kick'. Give one reason why saying such a short phrase aloud can help, applied to the penalty situation.

(Total for Question 13 is 2 marks)

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

(Total for Question 14 is 1 mark)

- 15** Discuss how concentration techniques could help a weightlifter perform a clean and jerk at a national competition with an attentive crowd. Use the weightlifter as the named performer in your answer and make a judgement.

(Total for Question 15 is 6 marks)

Mark scheme · PE.SP10 Concentration, Selective Attention and Positive Self-Talk

Question 1

- **B1 B**
- **Answer: B (filtering out crowd noise and focusing on the hoop)**

Question 2

- **B1** focusing attention fully on the task in hand, maintaining focus on relevant cues during the penalty kick, oe
- **Answer: Concentration is focusing attention fully on the task in hand, maintaining focus on relevant cues during the penalty kick.**

Question 3

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

Question 4

- **B1** using encouraging, task-focused statements to build confidence and maintain motivation before or during performance, oe
- **Answer: Using encouraging, task-focused statements to build confidence and maintain motivation before or during performance.**

Question 5

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

Question 6

- **B1** focus on relevant cues such as the kicker's body position and the flight of the ball, oe
- **B1** ignore irrelevant stimuli like crowd noise or other players shouting, allowing faster reaction to the ball, oe
- **Answer: Focus on relevant cues such as the kicker's body position and the flight of the ball, and ignore irrelevant stimuli like crowd noise or players shouting so the goalkeeper can react faster to the ball.**

Question 7

- **B1** 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
- **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 8

- **B1** point 1: increases confidence, for example saying 'I have practiced this' which reduces anxiety, oe
- **B1** point 2: focuses attention on technique, for example saying 'watch the ball, follow through' which helps maintain task focus, oe
- **Answer: Positive self-talk can increase confidence, for example saying 'I have practiced this' which reduces anxiety, and it can focus attention on technique, for example saying 'watch the ball, follow through' which helps maintain task focus during the penalty.**

Question 9

- **B1** 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
- **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 10

- **B1** selective attention focuses on key visual cues such as the ball trajectory and opponent limb movement, oe
- **B1** development: by filtering out crowd noise and irrelevant player movement the goalkeeper can anticipate and respond faster to the deflection, oe
- **Answer: Selective attention focuses on key visual cues such as the ball trajectory and opponent limb movement, and by filtering out crowd noise and irrelevant player movement the goalkeeper can anticipate and respond faster to a deflected shot.**

Question 11

- **B1** any one of: rim/hoop alignment / hold of the ball / eye on the target / foot placement, oe
- **Answer: For example, rim alignment.**

Question 12

- **B1** positive self-talk uses encouraging, task-focused statements that increase confidence, oe
- **B1** negative self-talk uses critical or fearful statements that increase anxiety and reduce focus, oe
- **Answer: Positive self-talk uses encouraging, task-focused statements that increase confidence, while negative self-talk uses critical or fearful statements that increase anxiety and reduce focus.**

Question 13

- **B1** it acts as a trigger or cue to focus attention on technique and block out distractions, oe
- **B1** development: saying it aloud reinforces confidence and creates a consistent routine that calms nerves before the kick, oe
- **Answer: Saying a short phrase aloud acts as a trigger to focus attention on technique and block out distractions; saying it aloud also reinforces confidence and creates a consistent routine that calms nerves before the kick.**

Question 14

- **B1** any one-word cue such as 'tight', 'finish', 'focus', 'steady', oe
- **Answer: For example, 'focus'.**

Question 15

- **Level 3** (5-6): A clear, well developed discussion that explains multiple concentration techniques applied to the named weightlifter, evaluates likely benefits in the competition setting, and reaches a supported judgement about overall effectiveness.
- **Level 2** (3-4): Some relevant techniques are explained with application to the weightlifter and some assessment of benefits, but development or judgement is limited.
- **Level 1** (1-2): One or two basic points about concentration techniques are made with minimal application to the weightlifter and little or no judgement.
- **Level 0** (0): No relevant content.
- **Indicative content:**
 - Possible techniques: pre-lift routine (same steps before every lift), controlled breathing, single-word focus cues, and visual focus on a fixed point on the bar or the floor marking.
 - Application: a weightlifter could use a consistent pre-lift routine to cue muscle memory and reduce thinking under pressure, helping when the crowd is loud.
 - Benefit evaluation: routines and breathing reduce anxiety and help maintain motor control for precise coordination in the clean and jerk, improving chance of successful lift.
 - Selective attention application: focusing on the bar and body position while filtering out crowd noise prevents distraction and maintains technique under load.
 - Limitations: extreme anxiety or unexpected distractions may still disrupt concentration; over-reliance on one cue might fail if that cue is removed.
 - Judgement: a balanced conclusion could state that concentration techniques are likely to substantially improve performance for the named weightlifter in a national competition, while noting they are most effective when practised and combined with confidence-building self-talk.