BHASVIC AS LESSON PLAN

**Class Date Period Theme AMS Motivation and Arousal Session 1**

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| **LEARNING OBJECTIVES:****CHALLENGE AND EXPECTATION**Children will know / understand / be able to:  | **SMSC:** |
| **TIME:** |  | **Content:** | **Assessment :** |
| 5 mins**P****A****C**E5 min |  | What motivates you?Notation on the flip chart and make notes in the booklet.Intrinsic and extrinsicOf Extrinsic there is tangible and in-tangibleWhen using the extrinsic motivators what does the coach have to be aware of?Practical Complete a task and give no reward.  Complete a task and give in-tangible reward. Complete a task and give tangible reward.Throw a ball into the bucket.Which type of motivation is best for they sports performer?Answer on the flip chart.Drive reduction is the term given to a loss of motivation.Completion of a 2 vs 1 situation as the initial skill.Continue this until there is a level of boredom.Initial drive to succeed, Drive or motivation is then applied to satisfy the need to learn the skill.The skill is mastered and learning is accomplished.The drive or motivation to continue to work is reduced.Discuss drive reduction strategies to continue and improve motivation. |  |
| **HOMEWORK**Complete relevant notes on motivation and drive reduction. |