Your notes

GCSE PE: revision notes

Aggression, personality and motivation

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Aggression

- **Direct aggression** involves physical contact with others, such as a tackle in rugby or a punch in boxing.
- **Indirect aggression** doesn't involve physical contact and is aimed at an object, such as smashing a shuttle in badminton.
- Aggression within the rules can help performance; aggression outside the rules (such as a late, dangerous tackle) is deviant and can lead to punishment.

Personality

- **Introverts** are shy and quiet, and prefer their own company. They tend to suit individual sports needing concentration and fine skills, such as archery or long-distance running.
- **Extroverts** are sociable and outgoing, and get bored easily. They tend to suit team sports with fast action and high arousal, such as rugby or football.
- These are tendencies: people of any personality can enjoy any sport.

Motivation

- **Intrinsic motivation** comes from within: doing the sport for enjoyment, pride or satisfaction.
- **Extrinsic motivation** comes from outside, such as rewards. **Tangible rewards** can be touched (trophies, medals, money); **intangible rewards** can't (praise, applause).
- **Intrinsic motivation** is usually longer lasting. Too many extrinsic rewards can reduce it, but rewards can help beginners start.

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Key terms

Direct aggression	Aggression involving physical contact with others.
Indirect aggression	Aggression aimed at an object, without contact with others.
Introvert	A person who is quiet, shy and prefers their own company.
Extrovert	A person who is sociable, outgoing and gets bored easily.
Intrinsic motivation	Motivation from within, such as enjoyment.
Extrinsic motivation	Motivation from outside, such as rewards.
Tangible reward	A reward that can be touched, such as a trophy.
Intangible reward	A reward that can't be touched, such as praise.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. Which is an example of direct aggression?
2. Which is an example of indirect aggression?
3. Which personality type tends to suit team sports?
4. Which sport tends to suit an introvert?
5. What is intrinsic motivation?
6. Which is a tangible reward?
7. Which is an intangible reward?
8. Why can too many extrinsic rewards be a problem?

Answers

1. A tackle in rugby
2. Smashing a shuttle in badminton
3. Extrovert
4. Archery
5. Motivation from within, such as enjoyment
6. A medal
7. Praise from a coach
8. They can reduce intrinsic motivation

What to do next

Practise 10 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

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