



## video 1

Psychological challenge  
**TO THINK USING A  
CHALLENGE MINDSET**

### VIDEO SUMMARY

- This video helps pupils to start to think about getting to know themselves better
- The video emphasises how you can respond in different ways to challenges; as that can be helpful or unhelpful

## Lesson objectives

- For pupils to think about getting to know themselves better
- For pupils to learn about challenge and threat mindsets
- To try out the psychological challenge during the lesson

### PRE-LESSON

- Developing self-awareness can help pupils with how they perceive competition
- Pupils can learn to view pressure as a 'challenge' rather than a 'threat'
- This strategy supports coping with changing demands and pressures

### LESSON DELIVERY

- During lesson remind pupils to be self-aware. What and how are they thinking?
- Remind pupils that we all respond in different ways and we can learn to control how we respond.
- Encourage conversations around helpful and unhelpful responses - can they try thinking with a challenge mindset?

### POST-LESSON

- How did you think with a challenge mindset today?
- What did you actually 'think' and 'say' to yourself?
- How might a threat mindset have looked in the lesson today?
- How can you learn to respond in a challenge mindset rather than a threat mindset? Why and how might this help you?

Hello and welcome to School Sport Psychology. In this video you will learn about getting to know yourself better in PE. You will learn why getting to know yourself better is helpful, how knowing yourself really well can help you, and be given a psychological challenge for your lesson today.

Getting to know myself better? I'm me I hear you cry, I know who I am! And perhaps you do, but do you know yourself really well and have you really thought about it before?

In life, sometimes you probably cope really well with things, and other times we can find things really hard. Learning about our thoughts and feelings helps us to have control and take charge of our mind when we are faced with difficult challenges.

Now, look around you and think about each other. You probably know some of your classmates better than others but one thing I'm sure you do know is that each of you respond differently to challenges in PE.

The truth is we all respond differently to challenges and how we respond can make all the difference. Have a think about you – when faced with something difficult in PE- do you see it as a challenge or do you see it as a threat?

Your mindset is all about how you think about things. Are you someone who has a challenge mindset or someone who has a threat mindset? By approaching challenges in the right mindset you give yourself much more chance of success. Remember think better, be better!

A challenge mindset can help you in lots of ways. It sends more blood to your brain and around your body so that you can think more clearly, make better decisions and move your muscles well in PE. A challenge state can help you to get the best out of yourself.

A threat mindset is when we feel we can't do something. We don't feel like we can cope in a situation and we can feel tense and uncomfortable. If you are in a threat mindset you tend to be more negative about things.

One of the biggest things that knowing about yourself better will give you is learning how you respond in challenging situations. The good news is we can influence that ourselves by choosing to see things as a challenge. If we can choose to do that in the moment we have more chance of success.

Can you think of times when you have been challenged in PE? Did you show a challenge or threat mindset? If you changed your mindset and viewed things in a different way – I wonder how it might look? What might you say to yourself that was different? What thoughts would you have instead?

A person with a challenge mindset thinks in a different way to a person with a threat mindset. Someone with a challenge mindset thinks in a confident way, takes control of their thinking and notices the things they are doing well.

It's time for psychological challenge today. Have a think about you – how often do you show a challenge or a threat mindset? When faced with a challenge today in PE try and adopt a challenge mindset and think like a challenge mindset athlete would.

Good luck with your challenge- and remember knowing about yourself and how you respond to challenges can help you take control. Start developing a challenge mindset today and see what success you have!

## Notes/Observations

## References

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