



Snooker Starter Resource

Ronnie O'Sullivan won his eighth UK Snooker Championship at the weekend. Snooker is an example of a sport that requires low arousal levels.



With a partner, answer the following questions:

- 1. Why are low arousal levels important for playing snooker?**
- 2. Can you identify other sports which require low arousal levels?**
- 3. How might high arousal levels affect performance in these sports?**