



Motivation Starter Resource

Motivation plays a crucial role in preparing for and participating in sports as well as school exams.



Motivation sources are divided into 'intrinsic' and 'extrinsic' categories.

Conduct your own research into examples of each before explaining how both types of motivation can contribute towards school exams and participating in sporting competitions.

Intrinsic

It is the day before an exam you haven't started revising for. What type of motivation would you rely on to start preparing and why?

Extrinsic

You are 3 weeks away from your biggest match/event of the season. Which type of motivation would you rely on and why?