

Aggression is a deliberate intent to harm or injure another person. It can be physical or mental and is used to **intimidate** opponents.

Indirect aggression does not involve physical contact. The aggression is taken out on an object to gain advantage, eg hitting a tennis ball hard during a rally.

Direct aggression involves physical contact with others, e.g. a punch.

Give an example of a time that you have shown indirect aggression during sport.

Give an example of a time that you have shown direct aggression during sport.

A tennis player has decided to smash their racket against the ground following a bad shot. Discuss whether you think this act of indirect aggression will help or hinder their performance throughout the rest of the match.



The PE Classroom:

Videos:

Ben Flower will be remembered for his shocking act of Direct Aggression... (click the image for the video)



The PE Classroom:

Video:

Indirect aggression has the potential to intimidate an opponent...



The following sports people have all been involved in aggressive acts. Use your knowledge or research to explain what happened to each performer. Make sure you highlight whether their aggression was direct or indirect.

Name	Picture	Year/Event	What happened?
Eric Cantona		1995	
Denis Shapovalov		2017	
Mike Tyson		1997	
Henrik Stenson		2014	

The PE Classroom:

Video:

Struggling to fill in the table? Have a look at these videos to help you....



Aggression can be mental as well as physical. Give an example of an aggressive act in sport which could be deemed as mental.
