

Sports Psychology I Can Statements

Unit 1

- I can label the parts of a neuron and understand how it transmits information
- I can describe the 7 pillars of excellence and how they help athletes achieve success
- I can develop and understand the fundamental parts of a training cycle

Unit 2

- I can identify The Big 8 and apply them to my sport
- I can examine ways to increase my confidence
- I can adjust my pre-game routines to be more effective
- I can identify diseases of motivation and find ways to overcome them
- I can create long-term and short term goals

Unit 3

- I can re-frame negative mental statements into positive mental statements
- I can learn and apply different relaxation techniques
- I can distinguish the difference between what is good sportsmanship and what is not
- I can create a visualization script

Unit 4

- I can identify ways to reduce anxiety during a competition
- I can understand the qualities and attributes of a good leader
- I can create a team harmony/team bonding game