

PHYSICAL EDUCATION



Welcome to the Physical Education Super Curriculum. Below you'll find a whole host of things to do to stretch yourself beyond the classroom curriculum.

This month, we are exploring the power of the mind in sport—beyond just strength and skill. From staying motivated through tough challenges to overcoming fear, stress and failure, we'll dive into how athletes train their brains as much as their bodies. Are you ready to discover how focus, resilience and a positive mindset can transform performance?

READ

[How to Overcome Fear of Failure in Sports: A Sports Psychologist's Guide](#) - drpaulmccarthy.com

WATCH

Learn what we mean by sports psychology and how it can influence performers by helping them manage stress, stay focused and unlock their full potential:

[What Is Sport Psychology?](#) - YouTube

LISTEN

Listen to this podcast, which explores four practical steps athletes can use to overcome anxiety and perform at their best. How might these strategies help you face challenges in your own life, both on and off the field?

[4 Steps To Overcome Performance Anxiety As An Athlete: Sports Psychology Coaching](#) - open.spotify.com

DO

Think of a challenge in your sport, PE, school or daily life that makes you feel nervous, stressed or fearful.

1. Write down one fear or worry you have about it.
2. Imagine how a top athlete would approach it. What mindset would they use? How would they stay calm under pressure? What positive self-talk could help them overcome it?