



CAMBRIDGE

International Education

Cambridge IGCSE™ Psychology 0266

Lesson 11: Motivation and needs 5.5 Motivation to exercise

Learning objective	To gain knowledge and understanding of motivation to exercise
Lesson objectives	By the end of the lesson, learners will be able to: • Apply self-determination theory to motivation to exercise • Suggest ways to test self-determination theory in research about exercise • Describe the results and conclusions of the named study on sports persistence
Vocabulary	n/a
Previous learning	Learners have covered the key ideas of self-determination theory in the previous lesson.

Plan

Activities		Resources
Beginning (5 mins)	Learners write their own definitions of the three needs of self-determination theory.	
Middle (50 mins)	• Learners swap their responses to the starter activity with a classmate and peer assess against the definitions provided. • In small groups, ask learners to design one way to test of self-determination theory in the context of exercise. Discuss responses as a class. • Introduce the idea of persisters and dropouts. Ask learners to predict differences in needs and motivation between the two groups. • Share the named study summary with learners and discuss results and conclusions. Ask learners to compare these with their own predictions from the previous activity.	
End (5 mins)	Ask learners to complete the formative assessment questions to check their understanding.	

Lesson 11: Motivation and needs 5.5 Motivation to exercise

Reflection and evaluation

Reflection:

Summary evaluation:

What two things went really well? (Consider both teaching and learning.)

- 1.
- 2.

What two things would have improved the lesson? (Consider both teaching and learning.)

- 1.
- 2.

What have I learned from this lesson about the class or individuals that will inform my next lesson?

We are committed to making the WCAG 2.1 Standard. We are always looking to improve the accessibility of our documents. If you find any problems or you think we are not meeting accessibility requirements, contact us at **info@cambridgeinternational.org** with the subject heading: Digital accessibility. If you need this document in a different format, contact us and supply your name, email address and requirements and we will respond within 15 working days.