



CAMBRIDGE

International Education

Cambridge IGCSE™ Psychology 0266

Lesson 12: 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: • Identify barriers to motivation to exercise • Explain the argument against self-determination theory of motivation to exercise • Apply self-determination theory to motivation to exercise to novel scenarios
Vocabulary	n/a
Previous learning	Learners have covered the key ideas of self-determination theory and the named study: sports persistence in the previous lesson.

Plan

Activities		Resources
Beginning (5 mins)	Ask learners to complete the starter quiz on the named study: sports persistence.	
Middle (50 mins)	• Review learners' answers to the starter quiz, correcting any misunderstandings and addressing gaps in knowledge. • Think, pair, share barriers to exercise and ask learners to place them in rank order. • Individually learners can do the complete the sentence exercise to ensure they have full notes on the argument against the theory. • Explain the practice assessment task. • Allow learners to self-assess their work using the mark scheme. Discuss common issues around time management, writing too much/unnecessary detail, using linked examples etc.	

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End (5 mins)

Learners check their understanding by creating a couple of exam-style questions to share with the class.

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?

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