**Motivation and sports performance**

Complete the table using sports performers you know about, use the examples of motivation types you have learnt and identify how they could have a negative and positive effect on their sporting performance.

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| **Motivation type** | **Sports performer** | **Example** | **Positive effect on performance** | **Negative effect on performance** |
| Intrinsic | Paula Radcliffe | Always wants to perform to best of her ability. | Always puts in 100% effort to beat personal best times which results in winning most of her races. | Puts a lot of pressure on herself to beat her personal best and can be very self-critical if she does not achieve it. |
| Extrinsic tangible |  |  |  |  |
| Extrinsic intangible |  |  |  |  |
| NACH |  |  |  |  |
| NAF |  |  |  |  |