

Ko te whakahihikotanga ā-roto, ā-waho

Intrinsic and Extrinsic Motivation



Teaching Resource

Lesson 1 of 2

Year: 4-8

Class time: 60 mins

Prep time: 5 mins

What teachers need to know

This is Lesson 1 of two lessons on Motivation. View [Lesson 2](#).

The purpose of this lesson is to learn the difference between intrinsic motivation and extrinsic motivation, and what motivates us when making decisions. Intrinsic motivation comes from inside a person, who does something for the pure enjoyment of it. Extrinsic motivation comes from outside a person, who does something for the external rewards or to avoid negative consequences.

Your ākonga (students) will need the Learning resource on this [lesson page](#).

Teacher preparation:

- Read through this resource.
- Print and copy [Learning resource](#) for each ākonga.



5 mins

Learning intentions – students will:

- Understand how motivation can affect a person's behaviour (their own and others).

Success criteria – students can:

- Describe the difference between intrinsic and extrinsic motivation using a personal example.



New Zealand Curriculum Achievement Objectives

Social Sciences – Social Studies – from the New Zealand Curriculum:

Level 2 – Students will gain knowledge, skills, and experience to:

- Understand how people make choices to meet their needs and wants.
- Understand how places influence people and people influence places.

Level 3 – Students will gain knowledge, skills, and experience to:

- Understand how people make decisions about access to and use of resources.

Level 4 – Students will gain knowledge, skills, and experience to:

- Understand how people participate individually and collectively in response to community challenges.

Health and Physical Education:

Level 2 – Personal health and physical development:

- A1 Personal growth and development – Students will describe their stages of growth and their development needs and demonstrate increasing responsibility for self-care.

Level 3 – Personal health and physical development:

- A1 Personal growth and development – Students will identify factors that affect personal, physical, social, and emotional growth and develop skills to manage changes.

Level 4 – Personal health and physical development:

- A2 Regular physical activity – Students will demonstrate an increasing sense of responsibility for incorporating regular and enjoyable physical activity into their personal lifestyle to enhance wellbeing.

Education for sustainability concepts:

- Sustainability.
- Connectedness.
- See [Education for sustainability](#).

Learning experience



60 mins

1. Discuss and define the word motivation.
2. Give out the Intrinsic and Extrinsic Motivation [Learning resource](#) sheet to each ākonga.
3. Discuss both types of motivation. Ākonga will record and share examples.
4. Ākonga will record some activities they do in a day and what the motivating factors are, and whether they are intrinsic or extrinsic.
5. Discuss:
 - How are we motivated differently from each other?
 - How could we motivate others to do what we want them to do?
 - What challenges do you think there might be to motivate others to change their behaviours?



Further activities, resources and links

- [Lesson 2: My motivation for using active transport.](#)
- Implement an action or student-led project to encourage active travel such as:
 - [Walking Pou](#)
 - [Walking School Bus](#)