

YEAR 13 A-LEVEL PE REVISION TIMETABLE

Psychological factors affecting performance

RBU

Week	Topic Area	Key Words – Subheadings	Revision Tasks to do	Exam Questions to complete
1 23rd Feb	Classification of skills. Types & methods of practice. Transfer of skills. Guidance.	Justification of place on continua. Open/closed: fine/gross: high/low:simple/complex:discrete/continuous/serial. Part, whole, whole/part/whole, progressive part, massed, distributed, fixed & varied. Know Advantages and Disadvantages Relate to stage of Learning & type of skill. Positive, negative, proactive, retroactive, bilateral transfer. Know how to optimise positive transfer. Know how to limit negative transfer Visual, verbal, manual, mechanical. Know Advantages and Disadvantages Relate to stage of Learning & type of skill.	<ul style="list-style-type: none"> Make 8 flash cards naming a skill. Classify each skill on the continuums, evaluate the practice methods and types of guidance Make a table showing positives & negatives of guidance / practices Make flash cards with the EXAM WORDING needed for transfer of skills A table to understand the differences between reducing negative transfer & optimising positive. Complete the tests on Everlearner for all topics 	2024 Question 6a & b Question 8 = 10 marker (guidance) 2023 Question 1 Question 6a & b 2022 Question 6 Question 6d
2 2nd March	Feedback Theories of learning. Stages of skill learning.	Intrinsic, extrinsic, positive, negative, K/R, K/P Know Advantages and Disadvantages Relate to stage of Learning. Operant conditioning. Cognitive theory of learning. Social/observational learning. Know Advantages and Disadvantages Relate to Stage of Learning Cognitive, associative, autonomous. Know characteristics of each	<ul style="list-style-type: none"> Make 3 flash cards for each stage of learning Evaluate the types of practice & guidance best suited to that stage List the types of feedback and list the advantages and disadvantages for each Make 3 flash words with key words for theories of learning Complete the tests on Everlearner 	2024 Question 6c & d 2023 Question 6c Question 8 = 10 marker (stages) 2022 Question 6b Question 8 = 10 marker

3 9 th March	Memory Models	Atkinson & Shiffren's Craik & Lockharts. Know positives and Negatives. Relate both to learning and performing skills	<ul style="list-style-type: none"> Draw out the Multi Memory Model and discuss using an example what happens at each stage Summarise Craik and Lockarts 3 levels of processing Complete the tests on Everlearner 	2024 Question 4 2023 Question 6d 2022 Question 6c
4 16 th March	Personality Motivation. Attitudes	Theories of personality. Type A/B. Trait, Social Learning Theory, Interactionist Know positives and Negatives. Define & effects of intrinsic/extrinsic motivation. Know positives and Negatives. Define attitudes. Factors affecting attitude formation. Components (C.A.B). How to change an attitude. Cognitive dissonance. Persuasive communication	<ul style="list-style-type: none"> Summarise the 3 theories associated with <u>personality</u> Table of pros & cons of intrinsic & extrinsic motivation List different ways you would change somebody's <u>attitude</u> towards physical activity/sport. Draw out the stages of persuasive communication. Complete the tests on Everlearner 	2024 Question 3 Question 7a 2023 Question 7a 2022 Question 7a
5 23 rd March	Arousal. Anxiety	Drive theory, inverted U & catastrophe. Know positives and Negatives. Types of Anxiety State, Trait, Somatic, Cognitive How to reduce and manage anxiety Zone of optimal functioning	<ul style="list-style-type: none"> Make 3 flash cards explaining <u>drive, inverted U, catastrophe theory</u>. Include a graph and key words Make 3 flash cards which explain <u>cognitive, somatic, trait, state and Sports competitive anxiety</u> Complete the tests on Everlearner 	2022 Question 7b
6 30 th March	Aggression	Difference between Aggression v assertion. Instinct, social learning, F/A & aggressive cue theories. Know positives and Negatives.	<ul style="list-style-type: none"> Watch MOTD highlights – categorise any fouls as assertion, channelled or hostile <u>aggressions</u>. List ways you would try to improve that teams discipline 	2023 Question 7d
7 6 th April	Social facilitation	Social facilitation v social inhibition. Evaluation apprehension Factors which impact on inhibition and facilitation How to reduce and manage social inhibition	<ul style="list-style-type: none"> Describe two sporting situations where you a performer experiences <u>social facilitation/ inhibition</u> – add 	2023 Question 7b

	Goal setting	<p>Role of goal setting with controlling arousal, raising confidence & for attentional focus. SMART principle Impact of different goals on stage or learning/personality</p> <p>.</p>	<p>characteristics, impact and ways to manage it</p> <ul style="list-style-type: none"> Using a sport give some examples of different <u>process, product & outcome goals</u> you could set Complete the tests on Everlearner 	Question 8 = 10 marker (Goal setting)
8 13 th April	Group dynamics.	<p>Definitions of a group. Steiner's model. Ringlemann effect & social loafing. Ways to minimise 'faulty processes.</p>	<ul style="list-style-type: none"> Use a sport and apply this to <u>Steiner's model</u> - give examples of coordination and motivation problems which could happen and how you could reduce their impact Complete the tests on Everlearner 	2024 Question 7d 2022 Question 7c
9 20 th April	Attribution Theory	<p>Weiners Model Controllability dimension Barriers to performance Optimising performance Retaining & mastery Discuss best attributions for winning. Discuss best attributions for losing. Know impact of attributions on stages of learning/personality</p>	<ul style="list-style-type: none"> Watch a MOTD and list all the reasons players / coaches give for their teams winning and losing. Using <u>Weiners model</u> categorise these reasons. Using <u>attribution retraining and self-serving bias</u> how would you support the performer to maintain motivation and confidence in this situation. Complete the tests on Everlearner 	2023 Question 3 2022 Question 8 = 10 marker
10 27 th April	Confidence & self-efficacy in sport	<p>Definitions, impact of sports confidence on performance, participation & self-esteem. Vealey's sports confidence model: trait, state, competitive orientation, subjective perceptions, self-esteem & self-efficacy Banduras model, vicarious experiences, social persuasion etc Know how to give an example for each theory.</p>	<ul style="list-style-type: none"> Using an example explain <u>Banduras model of self-efficacy</u> and how you can build confidence. Draw out & annotate Vealey's model Complete the tests on Everlearner 	2024 Question 7c 2022 Question 1 Question 4

11 4 th May	Leadership	Characteristics of effective leaders Emergent or prescribed leaders Leadership styles – autocratic, democratic, laissez-faire Theories of leadership – trait, social learning, interactionist Chelladurai's multi-dimensional model	<ul style="list-style-type: none"> Using an example analyse each part of <u>Chelladurai's model</u> Complete the tests on Everlearner 	2024 Question 8 – 10 marker 2023 Question 4 Question 7c 2022 Question 7d
12 11 th May	Stress management	Definition & causes of stress Cognitive stress management techniques Somatic stress management techniques	<ul style="list-style-type: none"> Make flash cards on <u>cognitive and somatic stress</u> management techniques. Include advantages and disadvantages for each Complete the tests on Everlearner 	2024 Question 7b 2023 Question 5 2022 Question 5
13 18 th May	Exam Technique	10 Mark questions AO1, AO2, AO3. Understanding of how to answer them and how to gain marks	<ul style="list-style-type: none"> Look at as many 10 markers as you can How would you plan this? What would you need to include for AO1, AO2 & AO3 Write a paragraph and then check if you have all 3 in there. 	
14 25 th May		Recap key topics that you are unsure of Look back over past exam papers from all our learning cycles & mocks. Rewrite key questions Time yourself completing a full paper – and mark it.		


