

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	<p>Classification of skills.</p> <p>Types & methods of practice.</p> <p>Transfer of skills.</p> <p>Guidance.</p>	<p>Justification of place on continua. Open/closed: fine/gross: high/low:simple/complex:discrete/continuous/serial.</p> <p>Part, whole, whole/part/whole, progressive part, massed, distributed, fixed & varied. Know Advantages and Disadvantages Relate to stage of Learning & type of skill.</p> <p>Positive, negative, proactive, retroactive, bilateral transfer. Know how to optimise positive transfer. Know how to limit negative transfer</p> <p>Visual, verbal, manual, mechanical. Know Advantages and Disadvantages Relate to stage of Learning & type of skill.</p>	<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 	<p>2024 Question 6a & b Question 8 = 10 marker (guidance)</p> <p>2023 Question 1 Question 6a & b</p> <p>2022 Question 6 Question 6d</p>
2 2nd March	<p>Feedback</p> <p>Theories of learning.</p> <p>Stages of skill learning.</p>	<p>Intrinsic, extrinsic, positive, negative, K/R, K/P Know Advantages and Disadvantages Relate to stage of Learning.</p> <p>Operant conditioning. Cognitive theory of learning. Social/observational learning. Know Advantages and Disadvantages Relate to Stage of Learning</p> <p>Cognitive, associative, autonomous. Know characteristics of each</p>	<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 	<p>2024 Question 6c & d</p> <p>2023 Question 6c Question 8 = 10 marker (stages)</p> <p>2022 Question 6b Question 8 = 10 marker</p>

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 works 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.</p> <p>SMART principle</p> <p>Impact of different goals on stage or learning/personality</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.</p> <p>Ringlemann effect & social loafing.</p> <p>Ways to minimise 'faulty processes.</p>	<ul style="list-style-type: none"> Use a sport and apply this to <u>Steiners model</u> - give examples of coordination and motivation problems which could happen and how you could reduce their impact Complete the tests on Everlearner 	<p>2024 Question 7d</p> <p>2022 Question 7c</p>
9 20 th April	Attribution Theory	<p>Weiners Model</p> <p>Controllability dimension</p> <p>Barriers to performance</p> <p>Optimising performance</p> <p>Retaining & mastery</p> <p>Discuss best attributions for winning.</p> <p>Discuss best attributions for losing.</p> <p>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 	<p>2023 Question 3</p> <p>2022 Question 8 = 10 marker</p>
10 27 th April	Confidence & self-efficacy in sport	<p>Definitions, impact of sports confidence on performance, participation & self-esteem.</p> <p>Vealey's sports confidence model: trait, state, competitive orientation, subjective perceptions, self-esteem & self-efficacy</p> <p>Banduras model, vicarious experiences, social persuasion etc</p> <p>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 	<p>2024 Question 7c</p> <p>2022 Question 1 Question 4</p>

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>Chellundurai’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 eachComplete 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 canHow would you plan this?What would you need to include for AO1, AO2 & AO3Write 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.			


