

Curriculum Overview: A-Level P.E. Year 13 Acquisition of Skill and Sport Psychology

Term / Length of Unit	Outline	Assessment	Literacy and Reading	Home Learning	Resources	Knowledge/Skills End Points
Autumn 1	Recap of Information Processing	EOU Test	Reading exam questions and writing answers to exam questions	Revision for EOU	EOU Test	To demonstrated knowledge and understanding of Information Processing to include (Whiting's Model, Memory, Schema Theory and Reaction Time)
Autumn 1 06/09/21 – 22/10/21 10/11 Lessons	Psychological Factors that can influence and individual in Physical Activity – Achievement Motivation; Sport Confidence and Home Field Advantage.	Questioning Lesson Tasks HL EOU Tests	Reading Exam Questions, mark schemes, reading information text from the textbook, handouts, task sheets and PPT's. Writing notes, answers to class tasks and questions.	Exam Questions Achievement Motivation and Achievement Goal Theory. Vealey's Model of Sport Confidence	PPTs Worksheets EOU Tests Text Book	To be able to explain the concepts of achievement motivation and the factors which influence a desire to be competitive. To understand the factors which promote confidence in sport by looking at the theories of Bandura and Vealey.
Autumn 2 01/11/21 – 17/12/21 10/11 Lessons	Psychological Factors that can influence and individual in Physical Activity – Leadership; Stress Management and PPE Preparation	Questioning Lesson Tasks HL EOU Tests	Reading Exam Questions, mark schemes, reading information text from the textbook, handouts, task sheets and PPT's. Writing notes, answers to class tasks and questions.	Exam Questions Leadership Theories Stress Management Techniques Revision	PPTs Worksheets EOU Tests Exam Papers	To examine the role of a sports leader and the factors that influence leadership style using models of Fielder and Chelladurai. To discuss the methods coaches use to reduce stress in the performer, including somatic and cognitive techniques. To reinforce knowledge and understanding of learning so far to prepare for PPE's. To understand exam technique required to gain maximum marks where possible.
Spring 1 05/01/22 – 18/02/22 10/11 Lessons	Psychological Factors that can influence and individual in Physical Activity – Attribution Theory, Theories of Learning and Attitude Recap	Questioning Lesson Tasks HL EOU Tests Past Papers	Reading Exam Questions, mark schemes, reading information text from the textbook, handouts, task sheets and PPT's. Writing notes, answers to class tasks and questions.	Exam Questions Past Papers Revision	PPTs Worksheets EOU Test Exam Papers	To look at the reasons sports coaches and players give success and failure by examining the Weiner Model of attribution and understand how this model can be used to encourage players to keep trying. To describe the stages of learning that a performer goes through as skills as learned, and account for the different

						types of feedback that are needed at stage. Examine and evaluate the psychological theories and concepts that help explain attitudes.
Spring 2 28/02/22 – 08/04/22 9 Lessons	Preparation for Summer 2022 Exams Paper 1 and Paper 2	Questioning Lesson Tasks HL Past Papers	Reading Exam Questions, mark schemes, reading information text from the textbook, handouts, task sheets and PPT's. Writing notes, answers to class tasks and questions.	Exam Questions Past Papers Revision Tasks	PPTs Exam Questions and Exam Papers	To reinforce knowledge and understanding of the Year 12 and 13 Content to prepare for Summer 2022 Exams.
Summer 1 24/04/22 – 27/05/22 7 Lessons	Preparation for Summer 2022 Exams Paper 1 and Paper 2	Questioning Lesson Tasks HL Past Papers	Reading Exam Questions, mark schemes, reading information text from the textbook, handouts, task sheets and PPT's. Writing notes, answers to class tasks and questions.	Exam Questions Past Papers Revision Tasks	PPTs Exam Questions and Exam Papers	To reinforce knowledge and understanding of the Year 12 and 13 Content to prepare for Summer 2022 Exams.
Summer 2	Exam Leave					