



Curriculum Map – Year 13 A Level PE: Psychological factors affecting performance (23-24)



Topic Name	Term	Skills Developed	Next link in curriculum	Other Notes
<u>Skill Acquisition</u> Memory Models	Autumn	<ul style="list-style-type: none">• Develop an understanding of the different models which explore memory.• Know what is meant by selective attention and why it is important in sport.• Explore Atkinson and Shiffren's multi store memory model and Craik and Lockhart's levels of processing model. Be able to relate both models to learning and performing physical activity skills.	<ul style="list-style-type: none">• EAPI• Exam style questions	
<u>Sports Psychology</u> Attribution	Autumn	<ul style="list-style-type: none">• Develop knowledge of the reasons performers give for winning and losing.• Explore the different aspects of Weiner's model of attribution (stability, locus of control and controllability dimension)• Look at how learned helplessness is seen as a barrier to sports performance and mastery orientation is used to optimise sport performance.	<ul style="list-style-type: none">• EAPI• Exam style questions	
Confidence and Self-efficacy in sports performance	Autumn/Spring	<ul style="list-style-type: none">• Know the definition of sports confidence and self efficacy• Explore the impact of sports confidence on performance, participation and self-esteem• Develop an understanding of how confidence can affect performance through Vealey's model of sports confidence and Bandura's theory of self-efficacy.	<ul style="list-style-type: none">• EAPI• Exam style questions	



Leadership in sport	Spring	<ul style="list-style-type: none">• Know the definition of a leader and the characteristics which make a good leader.• Develop understanding on the difference between emergent and prescribed leaders• Understand that a leader can have one of three leadership styles; autocratic, democratic and laissez faire and these leadership styles are more suitable in different situations.• Explore theories relating to leadership; trait, social learning and interactionist.• Develop an understanding of how leadership can affect performance through Chelladurai's multi-dimensional model of sports leadership.	<ul style="list-style-type: none">• Exam style questions• EAPI	
Stress management to optimise performance	Spring	<ul style="list-style-type: none">• Develop an awareness of the techniques which can be used to manage stress in sport.<ul style="list-style-type: none">- Positive thinking and self talk- Negative thought stopping- Rational thinking- Mental rehearsal- Imagery- Goal setting- Mindfulness- Progressive muscular relaxation- Biofeedback- Centring technique• Understand the difference between cognitive and somatic stress	<ul style="list-style-type: none">• Exam style questions• EAPI	