



## Curriculum Map – Year 13 PE: Psychological factors affecting performance (24-25)



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



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