



Curriculum Map – Year 13 PE: Psychological factors affecting performance (2026-27)



Topic Name	Term	Skills Developed	Next link in curriculum	Other Notes
<u>Skill Acquisition</u> Memory Models	Autumn	• 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 Shiffrin'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.	• EAPI • Exam style questions	
<u>Sports Psychology</u> Attribution	Autumn	• 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.	• EAPI • Exam style questions	
Confidence and Self-efficacy in sports performance	Autumn/Spring	• 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.	• EAPI • Exam style questions	



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Leadership in sport	Spring	• 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.	• Exam style questions • EAPI	
Stress management to optimise performance	Spring	• Develop an awareness of the techniques which can be used to manage stress in sport. - 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	• Exam style questions • EAPI	