



SUBJECT – AS P.E. – Skill / Psychology of sport – LP1

This half term: Skills, Knowledge and Understanding to be developed: <ul style="list-style-type: none"> Students will be able to relate the physiological demands to the psychological demands of the performer in action Students will know characteristics of skills can affect their learning and performance Students will show their understanding by relating the theoretical work to their own sporting performance 		Key Terms / Words: SMART, Process, Product, Performance, Complexity, organisation.
WEEK 1: <ul style="list-style-type: none"> Students will know the expectations of the course and will understand the course content Students will be able to organise their PE work into the relevant components Students will know the types of goals there are Students will be able to explain the principles of goal setting Students will understand how goal setting can impact on progress Students will be able to relate their knowledge of goal setting to their own practical performance 	Success criteria:	Homework Ensure pupils have all resources needed for the course
WEEK 2: <ul style="list-style-type: none"> Students will be able to define skill, ability, learning and performance Students will know what a skilled performer will look like and be able to give characteristics to reinforce this Students will understand how abilities are used within sport 	Success criteria: Classwork goal identify task SMART classwork	Homework Prepare for APP1 Goal Setting – relate to practical project. <div style="border: 1px solid black; width: 100px; height: 40px; margin: 0 auto;"></div>
WEEK 3: <ul style="list-style-type: none"> Students will be able to identify characteristics of performers in the different stages of learning Students will understand how to apply the theory to the performer in action Students will know how to use different methods of practice for performers at different stages of learning 	Success Criteria: Transfer of knowledge from previous lesson on Skilled Performer. Completion of skilled performer exam questions <div style="border: 1px solid black; padding: 5px; display: inline-block; margin: 10px auto;">APP 1</div>	Homework Revise for APP
WEEK 4: <ul style="list-style-type: none"> Students will know the different types of learning curves Students will be able to link their juggling task to the types of learning and understand the difference between learning and performance 		Homework Prepare for APP 2
WEEK 5: <ul style="list-style-type: none"> Students will be able to be classify skills Students will understand how the classification of a skill can affect the presentation of the task during different phases of learning 	Success criteria: Students will be able to contribute to class discussion	Homework Classification of skills handout to be completed Revise for SA

<p>WEEK 6: Students will apply and demonstrate new knowledge and skills in an end of unit exam.</p> <ul style="list-style-type: none"> • Theories of learning – Students will know the elements of social learning / observational learning theory. 	<div style="border: 2px solid blue; padding: 10px; width: 60px; margin: 0 auto;">SA</div>	<p>Homework</p>
<p>WEEK 7: Theories of learning</p> <ul style="list-style-type: none"> • Students will be able to link theories of learning to the performer in action in order to explain different behaviours 	<p>Success Criteria: Transfer of knowledge from previous lesson to performer in action</p>	
<p>WEEK 8: Socio-cultural</p> <ul style="list-style-type: none"> • Students will be able to define Stacking, Centrality, Discrimination and Stereotyping. • Students will be able to explain how participation is affected by stereotyping of minority groups • Students will know the different types of guidance and be able to explain their effectiveness for a cognitive learner 	<p>Success Criteria: Practical examples given and written down by students as class task</p>	<p>Homework: Find practical examples from a range of sports</p>

NB: Students will be expected to read the relevant chapter in their text book in preparation for every lesson. Random tests without warning will be given to ensure that this is taking place. All content above is subject to change.