



St Martin's School Physical Education Journey

Year 12 PSYCHOLOGICAL FACTORS CURRICULUM JOURNEY

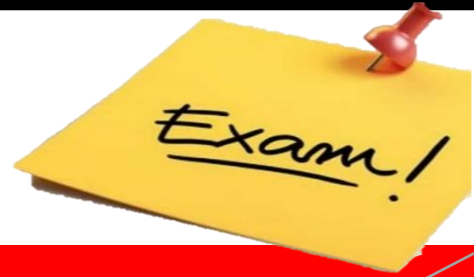


Be The Best You Can Be...



Exam - worth 20% (includes year 13 topics)

1 hour written exam – 60 marks in 60 minutes



Show Your Commitment



Complete your independent learning tasks

Bring Your PE folder to every lesson

Attend revision sessions and sports clubs

4.4 Principles and theories of learning movement skills – within this topic you will look at the three different theories of learning; operant conditioning, cognitive theory of learning and Bandura's theory of social/observational learning.

4.3 Transfer of Skill – in this topic you will cover the 5 different types of transfer, understand how to optimise the positive effects and limit the negative.

5.1 Individual Differences – in the Summer term you will learn definitions and psychological theories related to personality & attitudes.

Coursework - worth 30%

Effective performance or coaching in one chosen activity in a competitive situation.

Evaluation and Analysis of performance for improvement in one activity.

4.1 Memory Models – in this topic you will be able to understand Atkinson and Shiffren's multi-store memory model, including the process of selective attention and Craik & Lockhart's levels of processing model. You will be able to relate both models to learning and performing physical activity skills.

4.5 Guidance – here you will develop an understanding of the types and uses of guidance; verbal, visual, manual and mechanical. You will need to describe their advantages & disadvantages.

Skills Transfer

Straight Ahead ↑↑

4.2 Types and methods of practice – within this topic you will look at massed, distributed, fixed & varied practice. You should also be able to describe & evaluate part, whole, whole-part-whole & progressive-part practice.

4.5 Feedback – within this topic you will gain an understanding of the different types of feedback and their uses; intrinsic, extrinsic, positive, negative, knowledge of performance and knowledge of results.

4.5 Stages of Learning - in this topic you will look at the characteristics of the stages of learning; cognitive, associative & autonomous. You will then apply them to the learning of movement skills.

YEAR 12



4.1 Classification of skills – here you will justify the placement of skills on various continua: environmental influence, pacing, muscular involvement, continuity, organisation & difficulty.

