

YEAR 13 A-LEVEL PE REVISION TIMETABLE – Mocks

**Psychological factors affecting performance.
LHO**

Week	Topic Area	Key Words – Subheadings	Complete/revisit Summary sheet	Revisit Exam Questions
<p>1 25th Nov Y12 topics</p>	<ul style="list-style-type: none"> • Classification of skills. • Types & methods of practice. • Transfer of skills. • Feedback • Guidance. 	<p>Justification of place on continua. Open/closed: fine/gross: high/low:simple/complex:discrete/continuous/serial.</p> <p>Part, whole, whole/part/whole, progressive part, massed, distributed, fixed & varied.</p> <p>Know Advantages and Disadvantages Relate to stage of Learning & type of skill.</p> <p>Positive, negative, proactive, retroactive, bilateral transfer. Know how to optimise positive transfer.</p> <p>Intrinsic, extrinsic, positive, negative, K/R, K/P Know Advantages and Disadvantages Relate to stage of Learning.</p> <p>Visual, verbal, manual, mechanical. Know Advantages and Disadvantages Relate to stage of Learning & type of skill.</p>		
<p>2 2nd Dec Y12 Topics</p>	<ul style="list-style-type: none"> • Theories of learning. • Stages of skill learning. • Personality 	<p>Operant conditioning. Cognitive theory of learning. Social/observational learning. Know Advantages and Disadvantages Relate to Stage of Learning</p> <p>Cognitive, associative, autonomous. Know characteristics of each</p> <p>Theories of personality. Type A/B. Trait, Social Learning Theory, Interactionist Know positives and Negatives.</p>		

	<ul style="list-style-type: none"> Attitudes 	<p>Define attitudes. Factors affecting attitude formation. Components (C.A.B). How to change an attitude. Cognitive dissonance.</p>		
<p>3 9th Dec Yr 12 Topics</p>	<ul style="list-style-type: none"> Motivation. Arousal. Anxiety 	<p>Define & effects of intrinsic/extrinsic motivation. Know positives and Negatives.</p> <p>Drive theory, inverted U & catastrophe. Know positives and Negatives.</p> <p>Types of Anxiety State, Trait, Somatic, Cognitive How to reduce and manage anxiety</p>		
<p>4 16th Dec Yr12 Topics</p>	<ul style="list-style-type: none"> Aggression Social facilitation 	<p>Difference between Aggression v assertion. Instinct, social learning, F/A & aggressive cue theories. Know positives and Negatives.</p> <p>Social facilitation v social inhibition. Evaluation apprehension Factors which impact on inhibition and facilitation How to reduce and manage social inhibition</p>		
<p>5 11th Dec Y13 Topics</p>	<ul style="list-style-type: none"> Group dynamics. Goal setting 	<p>Definitions of a group. Steiner's model. Ringlemann effect & social loafing. Ways to minimise 'faulty processes.'</p> <p>Role of goal setting with controlling arousal, raising confidence & for attentional focus. SMART principle Impact of different goals on stage or learning/personality</p>		
<p>6 18th Dec Yr 13 Topics</p>	<ul style="list-style-type: none"> Memory Models 	<p>Atkinson & Shiffren's Craik & Lockharts. Know positives and Negatives.</p>		

Merry Christmas!

<p>7 23rd Dec Y13 Topics</p>	<ul style="list-style-type: none"> • Attribution Theory 	<p>Weiners Model Controllability dimension Barriers to performance Optimising performance Retaining & mastery</p> <p>Discuss best attributions for winning. Discuss best attributions for losing. Know impact of attributions on stages of learning/personailty</p>		
<p>8 30th Dec</p>	<ul style="list-style-type: none"> • Confidence 	<p>Vealey's sports confidence model: trait, state, competitive orientation, subjective perceptions, self-esteem & self-efficacy Banduras model, vicarious experiences, social persuasion etc</p> <p>Know how to give an example for each theory.</p>		
<p>Mocks Begin – depending when the exam is, use this time to recap the topics you find difficult and to revisit exam questions and 10 markers</p>				
<p>4th Jan</p>				
<p>11th Jan</p>				

