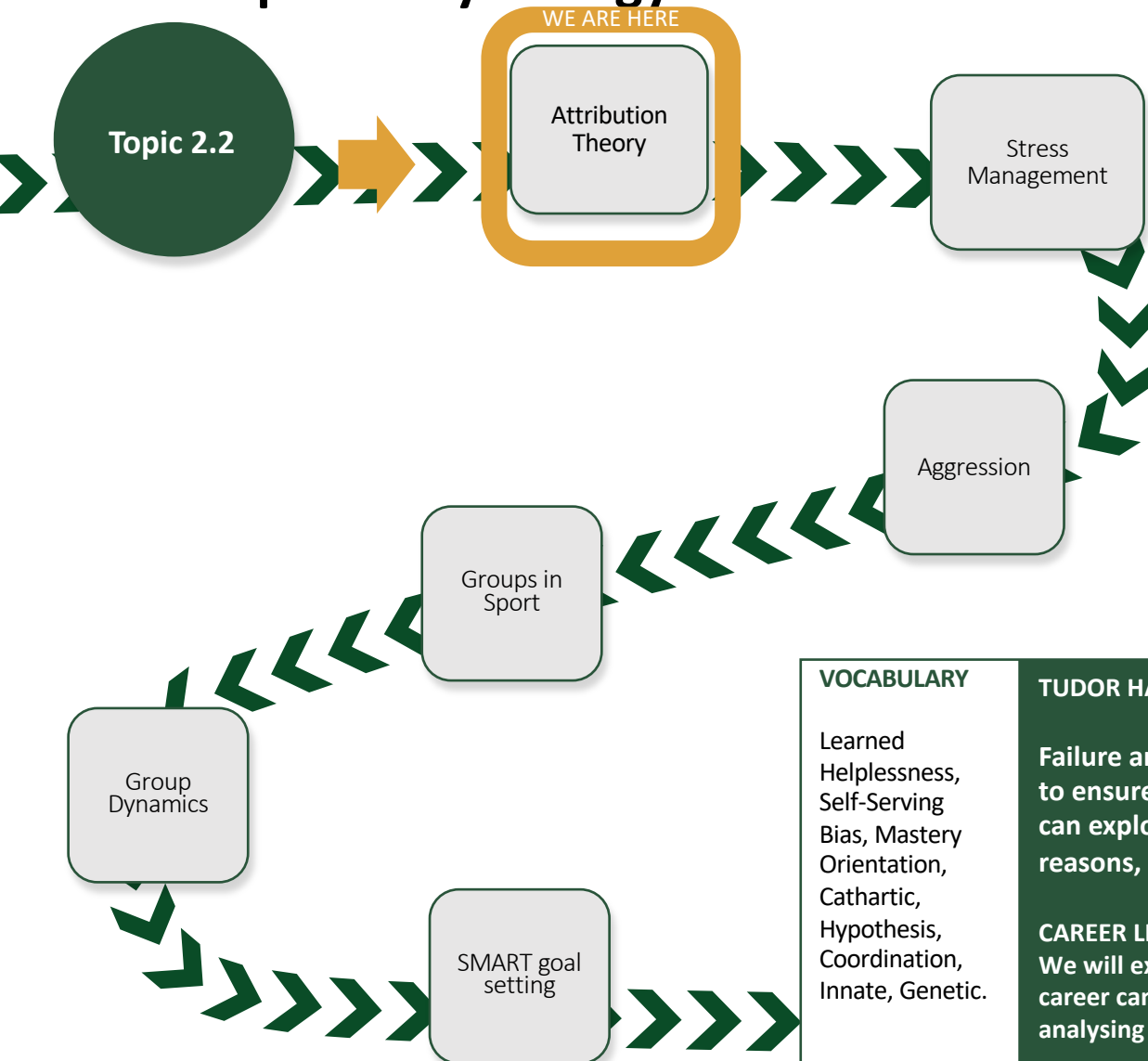




LEARNING JOURNEY

A Level PE

Sports Psychology



This half-term you will discover how sports performers account for successes and defeats. This will help shape your thinking around how you can best motivate yourself and others following outcomes in sports. We will also use this to help inform our thinking around successes and failures in day-to-day life. Furthermore, we will explore how attribution links to aggression and how this can be eliminated in sport.

Through study this half term we will develop an understanding of how teams and groups perform best. Using this knowledge, we can help inform decisions made in your own sporting performances to improve group productivity.

VOCABULARY

Learned Helplessness, Self-Serving Bias, Mastery Orientation, Cathartic, Hypothesis, Coordination, Innate, Genetic.

TUDOR HABITS AND VALUES

Failure and Feedback: How can you use attribution theory to ensure your failures are mastery orientation driven? We can explore attributing failure to internal unstable reasons, such as effort, to motivate!

CAREER LINKS-

We will explore the careers in sports analytics. Roles in this career can reduced faulty processes in team dynamics by analysing