



LEARNING JOURNEY

A Level PE

Sports Psychology

Topic 2.2

Trial Exam

Assessment formative feedback

Cognitive Learning Theory

WE ARE HERE

Personality

Information Processing

This half-term you will further build on your knowledge of skill acquisition in sports from previous learning. Specifically, critically evaluating the three different learning theories. Prior knowledge will be revisited where you will apply understanding of observational learning and operant conditioning in order to evaluate the theories of learning.

Additionally, the review of the assessment at the start of the half-term will take students through a metacognitive cycle. This will allow for directed reflection time and the opportunity to address any misconceptions with the previous content covered.

Through study this half term we will also develop an understanding the different types of personality and how personality can impact a performer.

VOCABULARY

Anxiety, Trait, Neurotic, Intervening variables, Gestalt, Encoding, Retrieval, Chunking, Selective attention

TUDOR HABITS AND VALUES

Can personality impact our self-regulation? What conditions/ environment does each personality thrive in? Can people adapt their behaviour dependant on the environment?

Open to failure and feedback: Can you reflect on assessment feedback to locate your personal areas for improvement.