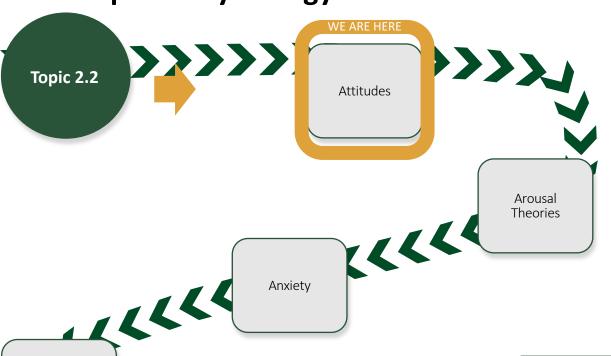


LEARNING JOURNEY

A Level PE





This half-term you will further develop your knowledge around sports psychology. Initially, you will be looking into how attitudes are formed and the components of the 'triadic model'.

You will also critically evaluate the different arousal theories and look at how to optimise performance levels. Different types of anxiety will also be investigated as well as the different responses to anxiety.

Additionally, the review of the assessment at the end 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.

Trial Exam

Trial Exam Feedback

VOCABULARY

Anxiety,
Cognitive,
Somatic, Arousal,
Dominant
response,
Optimum,
Extrinsic, State
anxiety, Trait
anxiety,
Individualised,
Triadic

TUDOR HABITS AND VALUES

Positive self-regulation:

Can a performer remain at optimal arousal, to ensure performance levels stay high. What can a coach do to prevent a performer becoming overly aroused?

Courageous and Gritty:

Looking at the different components of attitudes that young people might have toward sport and health –cognitive, affective and behavioural.