



LEARNING JOURNEY

A Level PE

Sports Psychology

Topic 2.2

Sports Confidence:
Vealey

Sports Confidence:
Self-efficacy

Leadership Styles

Theories of Leadership

Chelladurai's multi-dimensional model of leadership

This half-term you will further build on your knowledge of groups in sports from previous learning. Specifically, the importance of effective leadership in group performance. Prior knowledge will be revisited where you will apply understanding of social learning to theories of leadership. Now we are nearing the end of new content you will see the knowledge across the whole content coming through the main aspects of chelladurai's model of leadership. Again, we will revisit phases of learning and personality as we discover the best way to lead a group.

Through study this half term we will develop an understanding of how you can influence your own confidence levels in specific situations and how your perception of confidence can improve performance.

TUDOR HABITS AND VALUES

VOCABULARY

Vicarious,
Autocratic,
Democratic,
Innate,
Situational,
Preferred,
Required
Misogyny

Can confidence influence your resilience? We will consider how we can increase our confidence in specific situations using theory

Diversity: Do males make better leaders than women? We will explore stereotyping and unconscious bias through the 'Great Man' theory.

Democracy: What style of leadership did Hitler use? What effect can an autocratic leader have on a group