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| **GCSE PE Unit 5**  **Sports Psychology** | **Unit Navigator** | | | | | |
| In this unit you will investigate principles of sports psychology. The aims are as follows:  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | Assessment Grades |  |  | | | |
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| **Lesson Title.** | **Learning Goals/Outcomes/Content** | | |  |  |  |
| 1.  **Skill and Ability** | LG1 - To know the difference between skill and ability  LG1 - To know the different types of skill classification.  LG2 - To be able to categorise sporting events on one of four different skill classification continuum. | | |  |  |  |
| 2.  **Goal Setting and SMART targets** | LG1 - To know the types of goals set by performers.  LG2 - To be able to explain the SMART principle for target setting  LG1 - To know the importance of reviewing and evaluating targets to optimise performance. | | |  |  |  |
| **3.**  **Basic Information Processing Model** | LG1 - To know the basic model of information processing.  LG2 - To apply the different information processing stages to sporting examples. | | |  |  |  |
| 4.  **Guidance** | LG1 - To know the types of guidance.  LG1 - To know the advantages and disadvantages of each type of guidance. | | |  |  |  |
| 5.  **Feedback on performance** | LG1 - To know different types of feedback used in sport. | | |  |  |  |
| 6.  **Arousal and Inverted U Theory** | LG1 - To know the term arousal.  LG2 - To apply the inverted U theory to arousal in sport.  LG1 - To know techniques for stress management in sport. | | |  |  |  |
| 7.  **Aggression and Personality** | LG1 - To know the difference between direct and indirect aggression.  LG1 - To know the characteristics of an introvert and extrovert personality.  LG2 - To apply suitable sports for each of the personality types | | |  |  |  |
| 8.  **Motivation** | LG1 - To know the different types of motivation  LG2 – To apply knowledge to discuss effectiveness of motivation | | |  |  |  |
| 9.  **Test Preparation / Revision** | LG2 – To be able to apply knowledge gained over unit to practice exam style questions | | |  |  |  |
| 10.  **TEST COMPLETION** | LG3 – To demonstrate understanding of topics taught in this unit to complete an end of unit test | | |  |  |  |
| 11.  **TEST REVIEW** | LG3 – To skilfully evaluate the unit covered and identify areas of strength/weakness | | |  |  |  |

**Links:**

LG1: Basic knowledge of sports psychology reinforce knowledge within other topics such as the physiological effects of exercise on the body.

LG2: Application is a vital skill at GCSE, but also in understanding how sports psychology affects performance levels

LG3: Revision and analysis skills are crucial for pupils to be able to identify errors and learn from mistake to ensure a stronger future grade