

Unit 4 Sports Psychology

Learning journey

Learning is linked to units 1,2 and 3.							
Intended learning outcomes	What is a skill and what is an ability? Classification of Skills. Goal setting and SMART targets Basic information processing model Guidance and Feedback Arousal levels and the Inverted- U theory. Aggression Personality Types Motivation.						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8
1)What is a skill? What is an ability? 2) Skill classification- Basic→ Complex Open → Closed Self-paced → Externally paced Gross → Fine	1)Goal Setting- Performance Goals Outcome goals Using performance and outcome goals. 2) SMART targets S-Specific M- Measurable A- Accepted R- Realistic T- Time-bound	1) Basic Information processing model- Input Decision Making Out-put Feedback	1)Guidance- -Visual Guidance -Verbal guidance -Manual guidance -Linking these too examples and different performers at different levels. -Which are more effective?	1) Feedback- -Positive and negative - Knowledge of performance and knowledge of results. -Extrinsic feedback and Intrinsic feedback. -Linking all the above to sporting examples and different performers at different levels.	1)Arousal- -The inverted U theory- Linking this to lesson 1 what type of skills is best suited to what optimal level of arousal and why? -Controlling arousal levels. Deep breathing, positive self-talk, mental rehearsal. -Linking all the above to sporting examples and different performers at different levels.	1) Aggression- -Direct aggression -Indirect aggression. 2) Personality types- -Introvert -Extrovert -Linking to types of athletes and sports. 3) Motivation -Intrinsic motivation -Extrinsic motivation -Evaluation of the effectiveness of both types.	1) End of Unit test. The test will include questions from Uni 4 and unit 6. The test will be made up of -multiple choice - 2 mark -3 mark -4 mark - 1x 6mark -1x 9mark
ASSESSMENT							
SUMMATIVE				FORMATIVE			
<ul style="list-style-type: none"> Verbal questioning Check your understanding questions- Exam style Do now activities- Recap/review Homework tasks 				<ul style="list-style-type: none"> Assessed long answer questions End of Unit exam 			