



GCSE PE – Autumn Term 1

Paper 2 – Sport Psychology

We will be learning about social-cultural issues and sports psychology

We will develop our learning by studying the following each week:

Week 1

- Introduction sport psychology and a recap to SMART targets
- *(Exam questions)*

Week 2

- Look into guidance, mental preparation and how these can be used in sport
- Examples of how each one is used along with advantages and disadvantages of each type of guidance will be discussed
- *(Exam questions and mini test – self assess)*

Week 3

- Feedback will be looked into, what is best for what type of sports person.
- The positive and negative aspects of each type of feedback will be reviewed
- *Extended question*

Week 4

- Green pen response to marking

Week 5

- Mock exam (content that has been covered)

By the end of the topic you will be able to:

How targets are used to motivate performers

How feedback is used to improve performance

How to use different types of guidance to improve performance

Key Vocabulary

SMART

Short and long terms

Feedback – negative, positive, know of performance, knowledge of results

Guidance – types of