

Department	Physical Education
Year	13
Qualification	OCR Cambridge Technicals – U6 – Psychology for Sports Performance

## BCHS Curriculum Map 2016-2017

Term	Week Commencing	12.9.16	19.9.16	26.9.16	03.10.16	10.10.16	3.10.16	10.10.16	17.10.16
Autumn 1	Topic	U6 Personality– Theories  Trait, Situational, Interactionalist	U6 Personality– Types  Trait, Situational, Interactionalist	U6 Personality – Effects  Athlete vs Non Athlete, Elite Vs Non elite, Type A Vs Type B.	U6 Motivation – Types  Types of motivation	U6 Motivation – Theories  Achievement Motivation and Attribution Theory	U6 Motivation – Effects  Positive and negative effects.	U6 Personality and Motivation– LO1 Draft	U6 Personality and Motivation – LO1 Draft
	Assessment	Describe the theories in relation to personality and sports performance.	Questionnaires  Analysis of results	Describe, explain and evaluate the key scenario	Describe, explain and evaluate the key scenario	Extended writing task	Extended writing task	LO1 Draft using criteria	LO1 Draft using criteria
Autumn 2	Week Commencing	31.10.16		7.11.16	14.11.16	21.11.16	28.11.16	5.12.16	12.12.16
		U6 Personality	U6 Personality	U6 Stress –	U6 Anxiety –	U6 Arousal –	U6 Stress,	U6 Stress, Anxiety	

		and Motivation – LO1 Final	and Motivation – LO1 Final	Causes and Symptoms	Causes and Symptoms	Causes and Symptoms	Anxiety and Arousal - Positive and negative effects.	and Arousal – Coping Strategies
	Assessment	LO1 Draft using criteria	LO1 - Personality and Motivation	Identify, describe and explain stress and its effect on sports performance.	Identify, describe and explain anxiety and its effect on sports performance.	Identify, describe and explain arousal and its effect on sports performance.	Short presentation	Own sports scenario addressing coping strategies.
Spring 1	Week Commencing	2.1.17	9.1.17	16.1.17	23.1.17	30.1.17	6.2.17	13.2.17
	Topic	U6 Stress, Anxiety and Arousal – LO2 Draft	U6 Stress, Anxiety and Arousal – LO2 Draft	U6 Stress, Anxiety and Arousal – LO2 Final	U6 Stress, Anxiety and Arousal – LO2 Final	U6 Group Dynamics – Group Processes	U6 Group Dynamics – Cohesion	U6 Group Dynamics – Leadership Styles
	Assesment	LO2 Draft using criteria	LO2 Draft using criteria	LO2 Final using criteria	LO2 – Stress, Anxiety and Arousal	Group processes Scenario	Exam style questions	Application of leadership styles to

					Presentations			practical situations														
Spring 2	Week Commencing	27.2.17		6.3.17		13.3.17		20.3.17		27.3.17		03.4.17										
	Topic	U6 Group Dynamics – Leadership Theories			U6 Group Dynamics Motivation			U6 Group Dynamics – LO3 Draft			U6 Group Dynamics – LO3 Draft			U6 Group Dynamics – LO3 Final			U6 Group Dynamics – LO3 Final					
	Assessment	Application of leadership theories to practical situations			Group dynamics review			LO3 Draft using criteria			LO3 Draft using criteria			LO3 Final using criteria			LO3 - Group Dynamics Assignment					
Summer 1	Week Commencing	24.4.17			1.5.17			8.5.17			15.5.17			22.5.17			16.5.16			23.5.16		
	Topic	U6 PSTP – Assessment and profiling			U6 PSTP – Assessment and profiling			U6 PSTP - Plan Outline			U6 PSTP - Plan Outline			U6 PSTP – Performance			U6 PSTP – Performance			U6 PSTP – Performance		
	Assessment	Completed needs analysis			Completed needs analysis			Completed PSTP plan and diagram			Completed PSTP plan and diagram			Completed practical record card			Completed practical record card			Completed practical record card		

Summer 2	Week Commencing	5.6.17	12.6.17	19.6.17	26.6.17	3.7.17	10.7.17	17.7.17
	Topic	U6 PSTP – Performance	U6 PSTP – LO4 Draft	U6 PSTP – LO4 Draft	U6 PSTP – LO4 Final	U6 PSTP – LO4 Final	OCR Moderation	OCR Moderation
	Assessment	Completed practical record card	LO4 Draft using criteria	LO4 Draft using criteria	LO4 Final using criteria	LO4 - PSTP Project		