

Calendar	Big Question / Topic	Small Questions
1 st September – October half term	Information Processing	<ul style="list-style-type: none"> • Can you explain the Information processing model? • Can you identify the components of information processing, including: input, Stimulus identification, perception and selective attention, response selection, response programming and explain their function? • Can you draw and explain the models of Welford and Whiting?
	The characteristics and functions of the three memory systems	<ul style="list-style-type: none"> • Can you explain the relevance of Detection, Comparison and Recognition (DCR) phases in the application of Information Processing in sport?
	Understand the link between STSS, STM and LTM	<ul style="list-style-type: none"> • Can you draw and explain the three memory systems including: short-term sensory store (STSS), short-term memory (STM) and long-term memory (LTM)?
	Processing information in terms of retrieval and rehearsal and how this affects output	<ul style="list-style-type: none"> • Can you apply and give sporting examples of particular sporting skills through the Information Processing Model?
October half term - Christmas	Different types of Reaction time	<ul style="list-style-type: none"> • Can you explain how to measure reaction and response times using appropriate technology? • Can you draw and explain Hick's Law including simple/choice reaction time? Can you plot, interpret and analyse data generated from reaction and response times?

	<p>Factors affecting reaction time and ways a coach and performer can improve reaction time so as to optimise performance</p>	<ul style="list-style-type: none"> • Can you draw and explain the Psychological refractory period? • Can you identify and explain implications to a coach and performer in optimising performance when referring to choice reaction time?
	<p>Measuring reaction, movement and response time using appropriate technology. Using data to understand reaction times and Hick's Law Plotting, interpreting and analysing relevant data</p>	<ul style="list-style-type: none"> • Can you explain how to Measure reaction and response times using appropriate technology. • Can you draw and explain Hick's Law, simple/choice reaction time? • Can you plot, interpret and analyse data generated from reaction and response times?
	<p>Schema theory as an organised package of information stored in LTM that updates and modifies motor programmes using</p>	<ul style="list-style-type: none"> • Do you have understanding that schema theory is an organised package of information stored in LTM that updates and modifies motor programmes? • Can you explain Recall schema as in information about producing the movement and give a sporting example? • Can you explain Recognition schema as in judging the movement and give a sporting example?

	four sources of information	<ul style="list-style-type: none"> • Can you explain the theory of Schemas based on knowledge of the initial conditions, response specifications, sensory consequences and movement outcomes? • Can you analyse implications of schema theory to a coach and performer in optimising performance?
Start of January – February half term	Attribution Theory	<ul style="list-style-type: none"> • Can you give examples of reasons for success and failure in sport? • Can you draw and explain Weiner’s attribution theory and the four attributions: ability, effort, luck, task difficulty? • Can you explain the three main dimensions of attribution: locus of causality, locus of stability and locus of controllability? • Can you assess strategies to allow for attribution retraining?
	Self-efficacy	<ul style="list-style-type: none"> • Can you explain the models of self-confidence and the self-concept (Humanist)? • Can you draw and explain Vealey’s model of sport specific confidence, including relevant sporting examples? • Can you explain Bandura’s Self-Efficacy Theory including the four factors that build self-efficacy? • Can you assess factors that affect self-confidence/self-efficacy: personality, situation, history? • Can you explain the term Learned helplessness and describe its impact on performance?
	Leadership	<ul style="list-style-type: none"> • Can you explain the importance of effective leadership and its impact on performance? • Can you explain the different types of leadership styles including: autocratic, Laissez-faire and democratic? • Can you draw and explain the models of Fiedler and Chelladuri? • Can you give advantages and disadvantages of each leadership style? • Can you assess the different theories of leadership? • Can you explain how leaders are created? • Can you explain the Trait theory (Great Man Theory) vs Social learning and the Interactionist theory?