

Psychological Factors Affecting Performance Skill Acquisition and Sports Psychology

Tutor: Russell Tomlin (see Russell's profile at end)

Benefits of attending:

- clarification on what outstanding teaching and learning in an A Level PE lesson looks like
- increased knowledge and confidence
- practical and imaginative delivery ideas
- opportunities for stretch and challenge while working towards a holistic approach
- reference to Ofsted best practice
- hard copy materials on the day, and electronic materials/resources via Drop Box
- exam technique and questions – including multi-choice, structured and synoptic – to help you effectively prepare candidates
- review of year one and looking ahead to year two
- review of/discussion on resources and other support

10.00 – 11.15 - Skill Acquisition 1

Specification requirements, knowledge and teaching ideas – a holistic approach

- Classification of skill
- Types and methods of practice
- Guidance
- Stages of learning

Coffee / discussion: 11.15-11.30

11.30 – 12.00 - Skill Acquisition 2

Specification requirements, knowledge and teaching ideas

- Theories of learning
- Feedback
- Memory models

12.00 -1.00 - Sports Psychology 1: individual differences

Specification requirements, knowledge and teaching ideas

To include:

- Personality
- Attitude
- Motivation
- Arousal
- Aggression

Lunch / discussion: 1.00 – 1.45

1.45 – 3.30 Sports Psychology 2

Specification requirements, knowledge and teaching ideas

To include:

- Social facilitation
- Attribution
- Confidence
- Leadership
- Stress Management

Russell:

- is Head of PE and Sport at Esher College, Surrey – a large outstanding Sixth Form College
- and a highly experienced teacher of OCR AS/A Level PE
- he is passionate about bringing our subject to life with kinaesthetic and holistic teaching methods to engage and inspire all students of all abilities
- his MA in Education researched congruencies between student, teacher and OFSTED perceptions of an outstanding A Level PE lesson