

Psychological Factors Affecting Performance
Skill Acquisition with Sports Psychology

Tutor: Wes Davis (see Wes's profile at end)

Wednesday 22 June 2022

- A quality assured, power-packed day with a supremely experienced and knowledgeable presenter
 - increased knowledge and confidence – whether starting out or upskilling
- stacks of powerful tips, tools, techniques and ideas to equip, motivate and inspire
 - links to exam questions and essential exam technique throughout

Session 1: 9.30-10.45 - Sports Psychology 1

- What does an outstanding A Level PE lesson look like?
- How to approach the theories
 - a streamlined approach to progressing from *describe* to *evaluate*
- Personality
- Arousal
- Motivation
- Anxiety
- Groups and teams

Break: 10:45-11.00

Session 2: 11.00-12.15 - Skill Acquisition 1

- Stages of learning
- Types and methods of practice
- Guidance
- Feedback
- Challenging students to interleave skill acquisition concepts and tackle evaluation questions successfully

Lunch: 12.15-1.00

Session 3: 1.00-1.45 Sports Psychology 2

- Social facilitation
- Attribution
- Confidence
- Practical activities to engage and develop high level understanding

Stretch / Screen Break: 1:45-1.50

Session 4: 1.50-2.35 Skill Acquisition 2

- Theories of learning
- Memory models
- Making tricky concepts stick

Stretch / Screen Break: 2:35-2:45

Session 5: 2.45-3.15 Synoptic

- The 10-mark Psychological factors question
- Bringing psychological factors topics together synoptically
- What does a level 3 response look like?
- Essential tips for synoptic success

3.15-3.30 - chat will remain open

Wes Davis:

- teaching and Learning Coordinator and Head of Sport at Worcester Sixth Form College (ALPS 2 for A level PE)
- fourteen years' experience teaching all components of the OCR A-Level, with a particular passion for the Psychological Factors component
- excellent student examination results - 22 out of 40 students achieved A* in 2019
- passionate about memorisation and revision strategies
- highly experienced A-level PE Examiner for a major awarding body
- shortlisted for recent TES Teacher of The Year award
- a keen but often sad Manchester United fan (from Worcester!)



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