

Term	Date	Focus	Summary	Learning Outcomes
Term 3	10/04/23	Biomechanic movement <b>Sport Psychology</b> <i>Sport and Society</i>	Levers <b>Importance of goal setting</b>	To define the scalars sped and distance giving equations and units of measurement <b>To apply theories associated with concepts that effect performance</b>
	17/04/23	Biomechanic movement <b>Sport Psychology</b> <i>Sport and Society</i>	Angular motion <b>Attribution theory</b>	To define centre of mass and identify factors affecting stability <b>To discuss strategies that can be used to overcome negative effects pf psychological performance</b>
	24/04/23	Biomechanic movement <b>Sport Psychology</b> <i>Sport and Society</i>	Projectile motion <b>Self Efficacy and confidence</b>	State three classes of lever and give examples of their use in body <b>To understand factors which promote confidence in sport by looking at theories of Bandura and Vealey</b>
	01/05/23	Biomechanic movement <b>Sport Psychology</b> <i>Sport and Society</i>	Fluid mechanics <b>Leadership</b>	To identify the mechanical advantage and disadvantage of each class lever <b>To examine the role of sports leaders and the factors that influence leadership style</b>
	08/05/23	Biomechanic movement <b>Sport Psychology</b> <i>Sport and Society</i>	<b>Stress Mangement</b>	<b>To discuss the methods coaches can use to reduce stress in the performer, including somatic and cogtive</b>
	15/05/23	Biomechanic movement <b>Sport Psychology</b> <i>Sport and Society</i>	Injury prevention and the rehabilitation of injury <b>Achievement motivation</b> <i>Drugs in Sport</i>	Physiological reasons for methods used in injury rehabilitation (hyperbaric chambers and cryotherapy). <b>Social facilitation and inhibition (Zajonc's Model).</b> <b>Evaluation apprehension.</b> <i>The positive and negative implications to the sport and the performer of drug taking.</i>
	22/05/23	Biomechanic movement <b>Sport Psychology</b> <i>Sport and Society</i>	Injury prevention and the rehabilitation of injury <b>Achievement motivation</b> <i>Drugs in Sport</i>	Importance of sleep and nutrition for improved recovery. <b>Strategies to eliminate the adverse effects of social facilitation and inhibition in performance.+H24</b> <i>Strategies for elimination of performance enhancing drugs in sport. Arguments for and against drug taking and testing.</i>
	29/05/23			Revision and exam technique
	05/06/23			Revision and exam technique
	12/06/23			Revision and exam technique
	19/06/23			Revision and exam technique
26/06/23			Revision and exam technique	
03/07/23				