

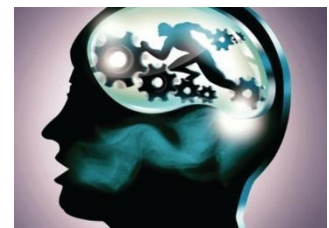
# JOHN PORT SPENCER ACADEMY



## A-LEVEL PHYSICAL EDUCATION

### YEAR 11 INTO 12 SUMMER TRANSITION TASKS

### PSYCHOLOGICAL FACTORS AFFECTING PERFORMANCE



This topic will develop learners' knowledge and understanding of the role of skill acquisition in performance of physical activities and sports. It aims to develop knowledge and understanding of the principles required in order to optimise the learning of new, and the development of existing, skills.

Learners will develop an understanding of the importance of being able to classify skills in order to select the most suitable approach to the learning of motor skills.

This topic looks at the underlying factors required for effective and efficient performance. Learners will also gain a detailed understanding of the impact of

the environment and conditions in which new skills are learned on the success of acquiring these motor skills.

Knowledge and understanding will also be developed in the different approaches and theories to teaching new skills as well as the guidance and feedback used to support this. Focus will also be placed on enhancing existing skills and the opportunities to transfer between the two.

Through application of knowledge gained from this topic, learners will be able to develop their skills in other sporting roles such as coach or leader, as well as directly relating it to their own performance.

## Content Overview

## Assessment Overview

- Skill acquisition
- Sports psychology

**Psychological factors affecting performance**  
(02)\*  
60 marks  
1 hour written paper

**20%**  
**Of total**  
**A level**

## Skill Acquisition

The first section under Skill Acquisition will be the characteristics of skill, the use of skill continuums and understanding how transfer of learning impacts skill development.

### Task One – Classification of Skill

From GCSE you should be aware of the environmental (open and closed skills) and difficulty (simple and complex) classification of skills

Watch the following YouTube video:

<https://www.youtube.com/watch?v=DT38s31gOvM&list=PLB804075A8016A865>

Using the information in the video complete the following tasks:

1. Create a double sided A4 information sheet of the six different areas of classifying movement skills, using sport specific examples.
2. For your chosen sport as a performer, place three core skills across each of the six continuums.
3. Answer the following exam question:

Identify a motor skill in your chosen sport and justify its classification on the open-closed

### **Task Two – Feedback**

Revise knowledge of performance and knowledge of results. Research the following types of feedback;

1. Positive
2. Negative
3. Intrinsic
4. Extrinsic

### **Task Three – Transfer of Learning**

Research the following types of transfer of learning and give an example of each;

1. Positive
2. Negative
3. Bilateral
4. Zero
5. Proactive
6. Retroactive

### **Extension Task**

- Research and make detailed notes on the principles and theories of learning and performance in sport, to include the learning plateau, cognitive theories, behaviourism, social learning and constructivism.

- Research the recent increase in focus on sports psychology