



# Etone College Physical Education

"To equip pupils with the knowledge, understanding and experiences to lead a healthy, active lifestyle"

## BTEC Sport – Level 3 – Unit 6 Sports Psychology



### Psychology

May Half Term

**Topic:** Designing a psychological skills training programme



**Topic:** Psychological skills

Assessment 6

Easter Break

Assessment 5

**Topic:** Positive and negative impacts



**Topic:** Leadership theories

**Topic:** Leadership in creating effective groups



**Topic:** Impact of processes, cohesion and leadership on a team and performance

Assessment 4

February Half term

Assessment 3

**Topic:** Cohesion in effective group performance

**Topic:** Group processes

Christmas Break

**Topic:** Self-confidence and sports performance under competitive pressure



**Topic:** Stress, anxiety and sports performance under competitive pressure

Assessment 2

October Half Term

Assessment 1

**Topic:** Arousal – performance relationship theories under competitive pressure



**Topic:** Motivational factors

Introduction to Sport



**Topic:** Personality factors and assessment of personality

