

## YEAR 13 A LEVEL PE PSYCHOLOGICAL FACTORS OVERVIEW

**FEB – EASTER 2021**

WEEK	Topic	Topics	Reading	Homework/ recap	Preview
1	<b>S1</b>	<b>Leadership in Sport:</b> Characteristics of Effective Leaders Emergent & Prescribed Leaders	Honeybourne pg 134-135	S1 C1 C2	
2	<b>S2</b>	<b>Leadership in Sport:</b> Leadership Styles Fiedler's Contingency model	Honeybourne -135-138 Honeybourne p140	S2 D1 D2	S3
WEEK	Topic	Topics	Reading	Homework/ recap	Preview
3	<b>S3</b>	<b>Leadership in Sport:</b> Theories of Leadership Trait, Social Learning, Interactionist Challdurai's Multi-dimensional model	Honeybourne p140-141	S3 S1 E1	T1
4	<b>T1</b>	<b>Stress Management in Sport:</b> Stress & its causes Physical Response to Stress Stressors Cognitive & Somatic Stress	Honeybourne p 142-147	T1 S2 E2	T2
5	<b>T2</b>	<b>Stress Management in Sport:</b> Cognitive Stress Management techniques Somatic Stress Management techniques.	Honeybourne p 148-155	Revise P to T AND C&D	