A Level Learning Programme Year 1

Half Term/Term	Learning objective	Learning activity	Content	Homework & Unit Test
3rd Half Term Information Processing	Input.	Play the moonwalking bear clip and the basketball clip available at awarenesstest.co.uk Consider how you take in information in your sport.	• Senses • Receptors • Proprioception • Perception • DCR process • Selective attention	A Level work booklet Past Paper Questions End of unit assessment
	Decision making	Memory tests to show functions of short term memory. Describe your best sporting moment in detail compare with a description of a game you played a month ago. Why do you remember one more? Draw memory model applying to a sporting situation.	Short and long term memory	
	Baddeley and Hitch, working memory model, memory system.		Functions and characteristics of components of working memory model.	
	Output and feedback.	How we put decisions into action.		

		Types of feedback. Matching task to examples. Provide feedback to a performer during a task, to improve output and decision making. Link back to previous feedback task.		
	Application of Whiting's information processing model to a range of sporting contexts.		Apply a sporting skill from your sport to the model. Why are there multiple arrows in certain places on the model?	
	Applied understanding of information processing terms within a sporting context.	Extended descriptive writing explaining how we produce a sporting skill, using the key terms from the model. Model a perfect example for weaker pupils.	• Environment • Display • Sensory organs • Perceptual mechanism • Translatory mechanism • Effector mechanism • Muscular system output data • Feedback data	
Response and Reaction Time	Definitions of and the relationship between reaction time, response time, movement time. Anticipation and how it affects reaction time.	ESPN's sports science: penalty kick	• Simple reaction time	A Level work booklet Past Paper Questions End of unit assessment

	Factors affecting response time. Strategies to improve response time.	Card sorting task timed. Why are you slower when sorting into suits over colours? Video clips to show the PRP. Dummies and ball against net in tennis. Example from the book 'Bounce' by Matthew Syed , regarding a top table tennis player who looks and plays like he has the fastest reactions ever, but when tested he is quite poor. It is all due to experience.	Hick's law. Psychological refractory period. Single channel hypothesis.	
Schema Theory	Schmidt's schema theory.	Pupil to throw a paper ball into a bin from different positions repeating each three times – ask questions at each stage – preparation, execution, feedback. How did you change your actions and why?	• Recall • Recognition • Initial conditions • Response specifications • Sensory consequences • Response outcomes	A Level work booklet Past Paper Questions End of unit assessment
	Application of schema theory in sporting situations.	As a coach explain how you would teach a skill considering what you know about schema theory.		

	Strategies to improve information processing.	Produce a guide for an athlete informing them how they can improve their information processing.	Input – selective attention decision making process – chunking, chaining, response time, schema.	