

## Year 13 Sport Learning Programme 4

<p>The LORIC skill focus for his LP is: INITIATIVE.</p> <p>The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles.</p> <p>Gratitude - Feeling and expressing thanks.</p> <p><b>What will I be learning about in this Learning Programme?</b> I will be learning about leadership in the sports industry. I will learn about the psychological factors that can effect leadership and how to plan and reflect on my own session to lead.</p> <p><b>Where have I seen this learning before?</b> I will have lead sessions in my level 2 BTEC course and also within my own sports career, looking at the leaders in my life to analyse.</p> <p><b>What could I use it for?</b> I could use it to develop my knowledge of sport psychology to lead on to further study. I could also use it to move into a sport coaching role after my qualification.</p>		<p><b>Literacy:</b></p> <ul style="list-style-type: none"> <li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>• Full stops must be used at the end of a sentence</li> <li>• Question marks must be used at the end of a question</li> <li>• Apostrophes should only be used for possession or omission</li> <li>• Days of the week and months must be spelled correctly</li> <li>• Key words must be spelled correctly</li> </ul>
<p><b>In LP4.1, I will know:</b> 04/03/24 - (WK 1)</p> <p>Learning aim B</p> <ul style="list-style-type: none"> <li>• Group formation and the Ringelmann theory of social loafing.</li> <li>• Forming, storming, norming and performing.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Storming</p>	<p><b>Homework</b></p> <p>Have an example of a team in each stage of forming to feedback to the class next lesson.</p>
<p><b>In LP4.2, I will know:</b> 11/03/24 - (WK 2)</p> <ul style="list-style-type: none"> <li>• Personality traits and how they can effect leadership.</li> <li>• Different forms of motivation, both intrinsic and extrinsic.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Extrinsic</p>	<p><b>Homework</b></p> <p>Place yourself on the personality spectrum and reflect why you would be there.</p>
<p><b>In LP4.3, I will know:</b> 18/03/24 - (WK 1)</p> <ul style="list-style-type: none"> <li>• What arousal and anxiety are and how to try and nurture the right levels of both for performance.</li> <li>• Confidence and how to build it as a leader and use it to improve performance.</li> </ul> <p>Extended Task.</p>	<p><b>Key Vocabulary</b></p> <p>Arousal</p>	<p><b>Homework</b></p> <p>Think of examples from your sport career where you have become over aroused and/or anxious.</p>
<p><b>In LP4.4, I will know:</b> 25/03/24 - (WK 2)</p> <ul style="list-style-type: none"> <li>• Internal factors that effect leadership such as attribution theory and self confidence.</li> <li>• Self-esteem, past experiences and self serving bias.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Attribution theory</p>	<p><b>Homework</b></p> <p>Find a past experience which has helped or hindered you in a leadership role and feedback to the class.</p>
<p><b>In LP4.5, I will know:</b> 15/04/24 - (WK 1)</p> <ul style="list-style-type: none"> <li>• Different forms of leadership. E.g. Situational, transformational and transactional.</li> <li>• Examples of all of these forms.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Transactional</p>	<p><b>Homework</b></p> <p>Find an example of each of these leadership forms from the public eye.</p>
<p><b>In LP4.6, I will know:</b> 22/04/24 - (WK 2)</p> <ul style="list-style-type: none"> <li>• How to prepare, plan and deliver a session using different leadership styles.</li> <li>• How to set SMARTER targets and measure the outcomes of my session.</li> </ul> <p>Extended Task.</p>	<p><b>Key Vocabulary</b></p> <p>SMARTER targets</p>	<p><b>Homework</b></p> <p>Write up your session plan.</p>
<p><b>In LP4.7, I will know:</b> 29/04/24 - (WK 1)</p> <ul style="list-style-type: none"> <li>• How to write a risk assessment for a session.</li> <li>• How to review the effectiveness of my leadership using a variety of feedback and a SWOT analysis.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Review</p>	<p><b>Homework</b></p> <p>Complete a full risk assessment for your session.</p>
<p><b>In LP4.8, I will know:</b> 06/05/24 - (WK 2)</p> <ul style="list-style-type: none"> <li>• How to write up my findings into the final part of my coursework.</li> <li>• How to respond to feedback and improve my work.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Personal performance</p>	<p><b>Homework</b></p> <p>Complete a SWOT analysis of your session.</p>
<p><b>Resources to support learning:</b></p> <p>My knowledge organisers, Pearson BTEC national in Sport text book.</p>		
<p><b>FFET Award Challenge for this Learning Programme:</b></p> <p>Apply your leadership skills in a KS3 extra-curricular club.</p>		

PRT Task 1

PRT Task 2