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| --- | --- | --- | --- |
| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this** |
| **I can analyse the two models of memory and know the main characteristics.** |  |  |  |
| I have completed notes on attribution theory |  |  |  |
| I can describe Weiner’s attribution theory model.  |  |  |  |
| I know what Self-efficacy is. I can link this to a sporting example |  |  |  |
| I know what sports confidence is, I can link this to a sporting example. |  |  |  |
| I have read what the influence of sports confidence can have on performance. |  |  |  |
| I know what the factors are that influence a person’s self-efficacy in sport.  |  |  |  |
| I can describe Veale’s self-confidence model.  |  |  |  |

**Task sheet 28 Attribution and Self efficacy**

* Complete attribution theory worksheet, task 2 and four questions. **(Mon)**
* Complete revision for test on Monday on: Personality: Feedback: Zone of optimum function: Practice: Guidance: stages of learning: attitude. **(Mon)**
* What is sports confidence? What is self-efficacy? What is self-esteem? **Tue/Wed (page 128)**
* Describe Bandura’s theory of self-efficacy Tue/Wed **(page 131)**
* **Draw and describe Vealey’s sports confidence model. Tue Wed (page 129,130)**