

Date (see timetable)	GLASGOW SCHOOL OF SPORT		SPORT PSYCHOLOGY SUPPORT: CURRICULUM EDUCATION		
Content	Session 1	Session 2	Session 3	Session 4	Session 5
S1A Athletics Swimming X16	24.10.06 Parent & Pupil Athlete management	13.03.07 Parent & Pupil Introduction to Sport Psychology (1)	24.04.07 Self-awareness What is it, why its important & how to develop it		
S1B Hockey Badminton X18	25.10.06 Parent & Pupil Athlete management	14.03.07 Parent & Pupil Introduction to Sport Psychology (1)	26.04.07 Self-awareness What is it, why its important & how to develop it		
FOCUS	Self-awareness				
	Motivation		Confidence		
S2 A Gymnastics Badminton	19.09.06 Introduction to Goal Setting (1)	24.10.06 Goal Setting (2)	13.03.07 Self-talk & Self-regulation		
S2 B Athletics Swimming	20.09.06 Introduction to Goal Setting (1)	25.10.06 Goal Setting (2)	14.03.07 Self-talk & Self-regulation		
S2 C Hockey	21.09.06 Introduction to Goal Setting (1)	26.10.06 Goal Setting (2)	15.03.07 Self-talk & Self-regulation		

Date (see timetable)	GLASGOW SCHOOL OF SPORT		SPORT PSYCHOLOGY SUPPORT: CURRICULUM EDUCATION		
Content	Session 1	Session 2	Session 3	Session 4	Session 5
FOCUS	Motivation/ Control of Attention			Control of Emotion/ Confidence	
S3 A Athletics Gymnastics Hockey	19.09.06 Goal Setting (3) SMARTER & Review	24.10.06 Performance routines Pre/ Post competition (1)	13.03.07 Self-regulation skills & strategies (1)	24.04.07 Effective Focus	15.05.07 Controlling Activation & working with pressure
S3 B Badminton Swimming	21.09.06 Goal Setting (3) Outcome/Performance/ Process & Review	26.10.06 Performance routines Pre/ Post competition (1)	15.03.06 Self-regulation skills & strategies (1)	26.04.07 Effective Focus	17.05.07 Controlling Activation & working with pressure
FOCUS	Motivation/ Control of Attention		Focus & Control of Emotion		
S4 A Athletics Gymnastics Hockey	25.10.06 Goal setting (4) SMARTER & Review	20.12.06 Performance routines (2) Competition & Review	14.03.07 Imagery & Mental Practice		
S4 B Swimming Badminton	02.11.06 Goal setting (4) SMARTER & Review	19.12.06 Performance routines (2) Competition & Review	25.04.07 Imagery & Mental Practice		
In addition to time tabled sessions coaches to prioritise time between 3 & 4 and 5 & 6 support. Programmes for these years to be agreed and arranged as required by coaches for individuals or group work.					

Date (see timetable)	GLASGOW SCHOOL OF SPORT		SPORT PSYCHOLOGY SUPPORT: CURRICULUM EDUCATION		
Content	Session 1	Session 2	Session 3	Session 4	Session 5
S5 & 6 Badminton	04.11.06 Competition Support	05.11.06 Competition Support			
S3 & 4 Gymnastics	02.11.06 Imagery	07.11.06 Imagery			
S3 & 4 Swimming	Monday's 1.45-2.30 Routines	Friday's 11.55-12.50 Routines	Feb 15 th		
Parent & Pupil	07.11.06 Girls in Sport	See also 1 st year first 2 sessions			