



THE
de Ferrers
ACADEMY

OCR A LEVEL PHYSICAL EDUCATION



**6TH FORM INDUCTION
JUNE 2016**

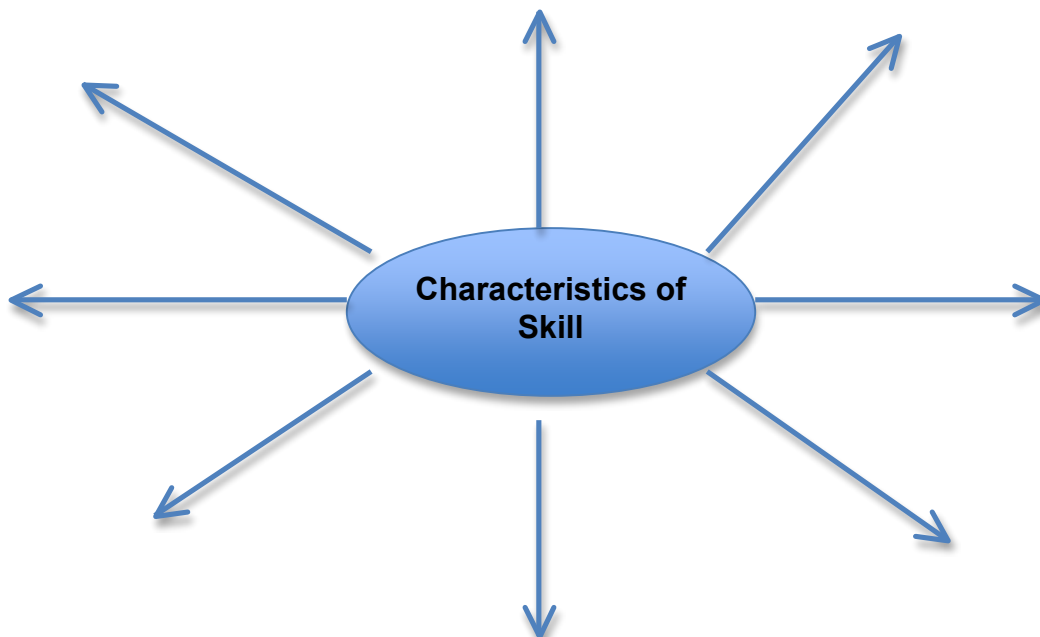
Acquiring Movement Skills

Learning Objectives

- To be able to describe the characteristics of skilful performance and the differences between skilled and unskilled performances.
- To be able to explain the different types of skills.
- To be able to position and justify examples of movement skills on the following continua:
 - muscular involvement (gross – fine);
 - environmental influence (open – closed);
 - continuity (discrete – serial – continuous);
 - pacing (externally paced – self paced);
 - difficulty (simple – complex);
 - organisation (low – high).

What is Skill?

The characteristics of skilful performance



The differences between skilled and unskilled performances

Skilled Performer	Unskilled Performer

Types of Skill

In the study of PE, there are 3 different types of skill that we need to be able to explain:

- 1.
- 2.
- 3.

6. Organisation

Low

High



Open:

Closed:

Justification of Skill Placement

For each of the skills listed below, state where you would place it on ONE of the continua and justify why you would place it where you have.

Gymnastics Vault:

Javelin Throw:

Triple Jump:

Shot in football:

Tennis Serve:

Trampolining Routine:

Chest pass in netball: