

OCR A LEVEL PHYSICAL EDUCATION



6TH FORM INDUCTION

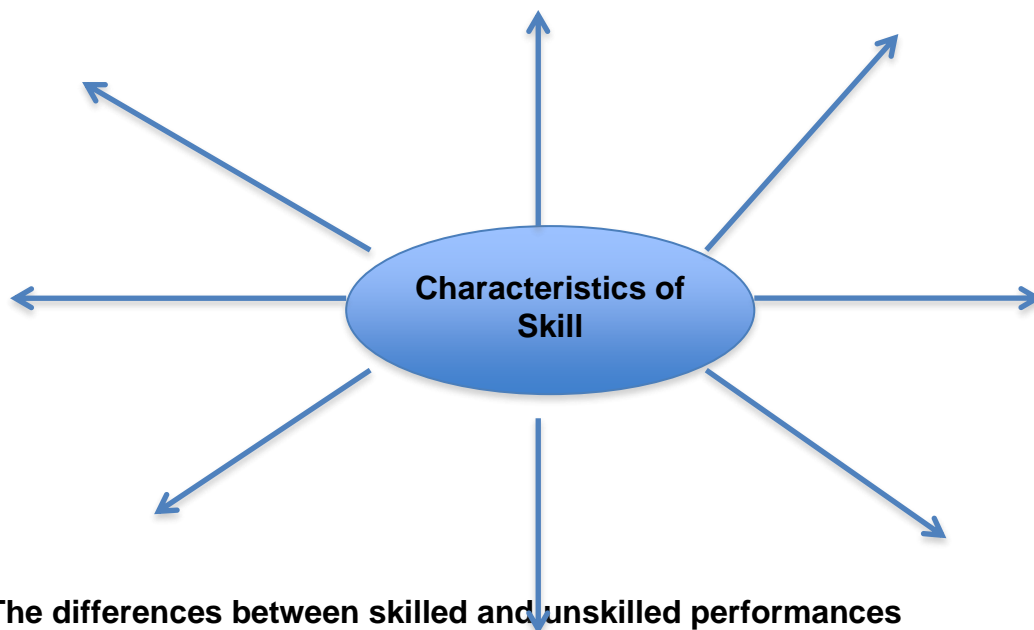
Acquiring Movement Skills

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
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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.

Homework - Classification of Skills

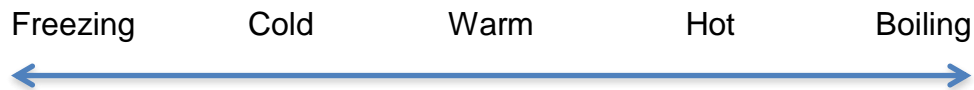
Analysis of movement skills enables us to understand their requirements and

decide on the best ways to teach, practise and improve them. To analyse movement skills psychologists have identified a range of characteristics.

It is difficult to be precise about classification, as skills may have elements of all the characteristics or may change depending on the situation in which the skill is performed.

The use of a continuum allows us to show that skills have characteristics to a greater or lesser extent depending on the situation.

A continuum is an imaginary scale between two extremes and is usually represented in linear form, eg.



Listed below are 6 different continua that are used to classify skills in PE and Sport. For each one define what is meant by each term.

1. Muscular Involvement



Gross:

Fine:

2. Environmental Influence



Open:

Closed:

3. Continuity





Discrete:

Serial:

Continuous:

4. Pacing

Self-paced

Externally-paced



Self-Paced:

Externally-Paced:

5. Difficulty

Simple

Complex



Simple:

Complex:

6. Organisation

Low

High



Low:

High:

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: