



%	I can ...	Prove it!
<p> 70%+</p>	<p>Apply detailed practical examples to the characteristics of skilful movement</p> <p>Apply detailed practical examples of skills for each continuum along with justification of their placement on both continua.</p> <p>be able to apply the SMART principle to improve and/or optimise performance.</p> <p>Give in depth practical examples linked to</p> <ul style="list-style-type: none"> <li>- Imagery</li> <li>- mental rehearsal</li> <li>- selective attention</li> <li>- positive thinking.</li> </ul> <p>Give detailed practical examples to each type of guidance - visual, verbal, manual, mechanical</p> <p>Apply detailed examples to each type of feedback: intrinsic, extrinsic, knowledge of performance, knowledge of results, positive &amp; negative</p>	<p>Give a detailed practical example for each of the characteristics of skilful movement <b>P F A C E</b></p> <p>Skills can be classified as either high organisation or low organisation. Explain the difference between a high organisation and low organisation skill, using one example of each type of skill from physical activities.</p> <p>Explain how each principle of goal setting can be used to improve sports performance.</p> <p>Give an in depth practical example linked to Imagery, mental rehearsal, selective attention and positive thinking.</p> <p>Give a detailed practical example for each type of guidance</p> <p>Give a detailed practical example for each type of feedback</p>



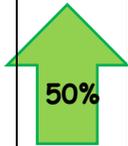
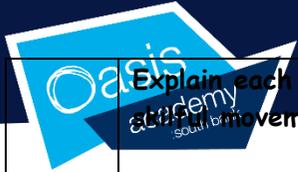
<p>Apply practical examples to the characteristics of skilful movement</p> <p>Apply practical examples of skills for each continuum</p> <p>Understand the SMART principle of goal setting with practical examples (Specific, Measurable, Achievable, Recorded, Timed)</p> <p>Apply practical examples to each type of guidance - visual, verbal, manual, mechanical.</p>	<p>Name four characteristics of skilful movement and give a practical example to help explain each one.</p> <p>Sports skills can be classified using the open-closed continuum. An example is shown below. Explain why the high jump may have been placed at this point on the continuum.</p> <p>Closed -----X-----Open</p> <p style="text-align: center;">High Jump</p> <p>'Measurable' is one of the principles of goal setting. Explain how this principle can be used to improve sports performance</p> <p>A coach might use verbal and mechanical guidance to teach sporting skills. Assess the relative importance of these guidance types when teaching a group of beginners how to swim</p>
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**Key Terms:**

Pre- Determined    Efficient    Coordinated    Fluent    Aesthetic

Open / Closed Skills    Verbal Guidance    Mechanical Guidance

Visual Guidance    Manual Guidance    Extrinsic    Intrinsic



**Explain each characteristic of skilful movement**

**Explain continua used in the classification of skills, including:**  
 simple to complex skills (difficulty continuum)  
 open to closed skills (environmental continuum)

**Understand and be able to apply examples of the use of goal setting:**

- for exercise/training adherence,
- to motivate performers
- to improve and/or optimise performance

**know mental preparation techniques and be able to apply practical examples to their use:**

- Imagery
- mental rehearsal
- selective attention
- positive thinking.

**apply practical examples to each type of feedback: intrinsic, extrinsic, knowledge of performance, knowledge of results, positive & negative**

**Give a definition for each characteristic of skilful movement**

**Give a definition of a simple and complex skill**

**Give two reasons why a performer might want to avoid setting an outcome goal**

**Give a positive and negative effect for each mental preparation technique**

**Give two reasons why feedback involving knowledge of performance is effective for experienced performers.**



%	I can ...	Prove it!
 <p>40%</p>	<p>Know the definition and difference between simple and complex skills (difficulty continuum)</p> <p>Understand the use of goal setting for</p> <ul style="list-style-type: none"> <li>- exercise / training adherence</li> <li>- to motivate performers</li> </ul> <p>Know the advantages and disadvantages of each type of guidance</p>	<p>Explain the difference between a simple and complex skill?</p> <p>Give two reasons how goal setting can motivate a performer?</p> <p>Give one advantage and one disadvantage of manual guidance</p>
 <p>30%</p>	<p>Recall five different characteristics of skilful movement</p> <p>Know the difference between an open and closed skill</p>	<p>List the five characteristics of skilful movement</p> <p>Complete the word fill for an <i>Open Skill</i> using the word bank below.</p> <p style="text-align: center;"><b>React                  Open                  External                  Changing</b></p> <p>An ..... skill is performed in a ..... environment, where a performer has to ..... and ..... to ..... factors</p> <p>Give three reasons why goal setting can help you stick to an exercise programme</p>

