

Skill in Sport

Physical Education Theory



Name:

Date:

Skill

Explain what is skill?

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Difference between Ability and Skill

Skill is a _____. We have to _____ in order to learn how to perform a set activity.

Ability is something we _____ or are born with.

Abilities can be recognised in young performers and more advanced skills can be learned quicker.
The major natural abilities are:

- S
- A
- C

- F

- B

Speed and Reaction

The two main kinds of speed in sport are:

-
-

Agility

Agility is the ability to move quickly, to control and change the point of balance. Name 3 good examples of agility

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Co-ordination

Co-ordination is the ability to not only control movements but to _____ simple and _____ ones together to perform a sequence or a skill.

Flexibility

Flexibility is the amount that you can _____ or stretch your _____ and muscles. Flexibility is _____ however you become _____ flexible as you get older.

Balance

Balance like co-ordination is the ability to _____ body _____. The ability to retain a required position whilst still or moving requires good balance.

Differences between a Novice and an Expert

Novice performer

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-
-
-

Expert performer

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-
-

How do we learn a skill

Skills can be _____ or _____ .

Name 2 ways in which skills can be taught

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-

Explain the difference between a **closed** and **open** skill

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-

Skills can be learned in the following ways:

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-
-
-
-

Learning Skill

During competition we need to process the following information about that exact situation:

What is happening -

-

How we react to a situation -

-
-

Was the decision I made correct -

-

Choose a specific sport _____ .

Now relate each process below specifically to your chosen sport.

Input

-

Decision making

-

Output

-

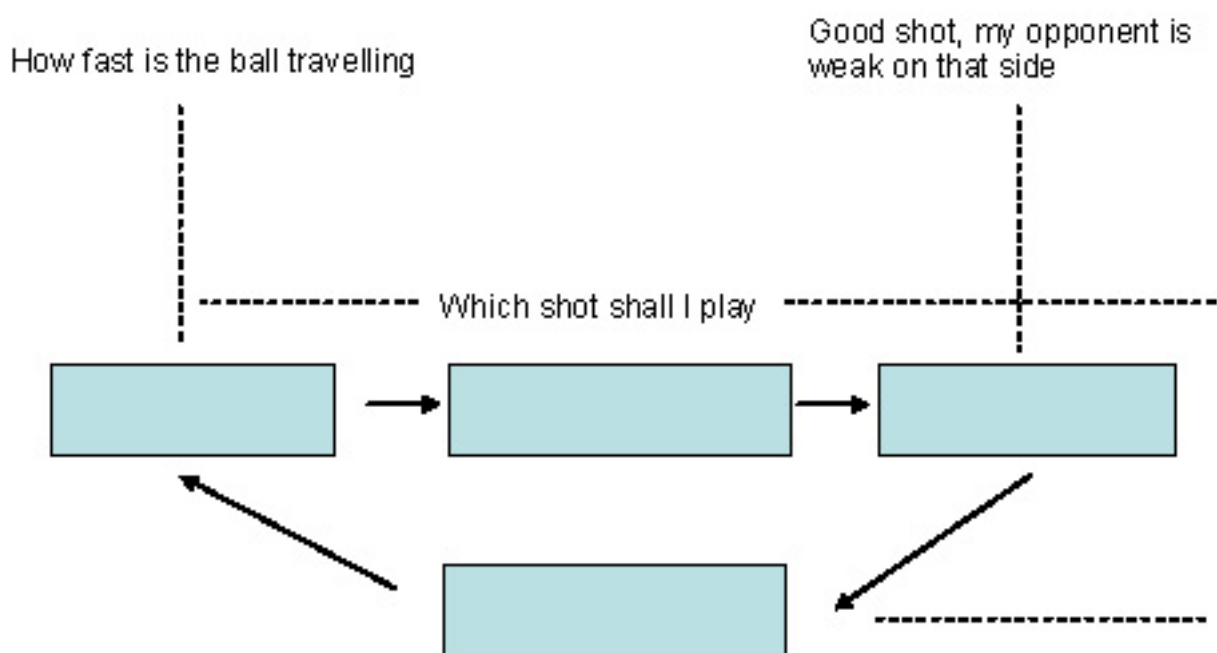
Feedback

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Information Processing Model

Complete the model below

Information Processing Model



How may Feedback help you to improve your performance. Name two:

-
-

Feedback has many different forms. The 4 types of feedback are:

-
-
-
-

Write in your own words your understanding of the 4 areas of feedback.

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The Order That We Learn Skills

We learn skills in a specific order and we cannot move to the next level until we have mastered our current level. For example we cannot learn to hurdle until we can run properly.

Complete the order which we learn skills

Cognitive phase

-

Associative phase

-

Autonomous phase

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