

Skill Classification

Complete all the tasks below on a lined piece of paper and write each answer in continuous prose (sentence form). Ensure that you include the title (as shown above) and your full name.

Task 1: Skill continua's and types of skill

There are six different skill continua's that can be used to classify skills/movements according to different criteria. Every skill/movement falls along each of these continua's depending on how much it meets the criteria of the two or three skills on the continua.

To be able to answer exam questions on this topic you need to have a secure understanding of the key terminology used to define/describe each of the types of skills on the six continua.

Task: Identify the key terms and/or phrases that need to be included in a definition or application of each of the following skills;

Continua: Environmental influence

- Open skill
- Closed skill

Continua: The extent of muscles used

- Fine skill
- Gross Skill

Continua: The control and rate of execution

- Self-paced
- Externally paced

Organisation

- Low organised skill
- Highly organised skill

Continuity

- Discrete skill
- Serial skill
- Continuous skill

Degree of difficulty

- Simple skill
- Complex skill

Task 2: Examination questions

Complete the following questions using key terminology to reinforce your justification/answer. Check and circle the command word(s) prior to completing the question and use the command word information below to help you structure the question. Additional support in terms of structuring questions is given below if needed.

Command words

Classify: arrange into a category according to characteristics.

Identify: establish who or what something is.

Justify: give a reason for your answer.

Explain: Give a reason, impact or justification.

Analyse: student this in detail, show all possible answers, potentially show two sides and come up with a conclusion.

Questions

1. Both springboard and highboard diving are Olympic events. The skill of springboard diving can be classified according to various skill continua.



Classify springboard diving according to the following four continua **and** justify each of your choices; open to closed, self-paced to externally paced, discrete to continuous and gross to fine. *(8 marks)*

2. Elite footballers are expected to execute a range of skills effectively in different conditions. Identify an open and a closed skill in football and justify your choices. *(4 marks)*



3. The image below shows a netballer preparing to take a shot. Analyse a netball shot in terms of the following continua; simple to complex and low and high organisation. (4 marks)



4. (a) The swimming start can be classified on continua as 'open – closed', 'self paced – externally paced' and 'discrete – serial – continuous'. Classify the swimming start using these **three** continua. (3 marks)



- (b) Explain how a swimming race would **change** in relation to the three classifications after the start. (6 marks)

Additional support for the exam questions (only if needed)

1. State which skill you think it is for each continua (there are 4) and then state why. Use the following wording..... I think this because..... Then use key terminology within your justification.

2. Ensure that you say something like, I think this because.....

3. You need to give both sides, I think there are elements of a skill because but there are also elements of a skill

4. (a) only list for this question.

(b) Ensure you make it clear what it is moving from (type of skill) and to and why (three parts to the question).