

Skill Classification

Complete all the tasks below on A4 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: Describe, **using different practical examples**, each of the following skills. Ensure that you use **key terminology** within your examples. Each of your points should be a full sentence.

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: Questions

Complete the following questions using key terminology. 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. Use key terms in your answer and be concise.

Justify: give a reason for your answer using theoretical knowledge/key words.

Explain: Give a reason, impact or justification. What does this lead to?

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

Questions

1. Both springboard and high-board diving are Olympic events (see photo below). 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. **NOTE** – the next two questions are linked due to having (a) and (b).

(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

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).

Task 3: Compile 1 piece of video evidence of you performing in a fully competitive situation in your chosen sport (USB). This must be a full quarter, half or event in your sport and it must be a sport from the AQA specification;

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>