

Skill Acquisition



Classification of Skills

In this area of the course you will need to position different sports skills (and justify their position) on six different skill continua:

1. Muscular Involvement Continuum (Gross and Fine skills)
2. Difficulty Continuum (Simple and Complex Skills)
3. Pacing Continuum (Self-paced and Externally Paced Skills)
4. Continuity Continuum (Serial-Continuous-Discrete Skills)
5. Environmental Influence Continuum (Open and Closed Skills)
6. Organisation Continuum (High and Low Organisation Skills)

Task One

Describe each type of skill identified above and give a sporting example for each type of skill.

Example:

Gross skills are skills involving the movement of large muscle groups. For example Triple Jump or 100m Sprinting.

Types of Transfer



There are five different types of transfer you will need to know and understand:

- Positive
- Negative
3. Bilateral
4. Retroactive
5. Proactive

Task Two

Describe each type of transfer and identify sporting examples where this type of transfer will occur

Example:

Positive transfer is where the learning and/or performance of skills in one sport enhances the learning and/or performance of skills in another sport. For example undertaking skateboarding and then learning to snowboard.

If you have any questions please contact Mr Scully on
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