



Classification of Skill

Mr Burge – Sport Psychology



Learning Objectives

- Define skill and ability and the different skill classifications (4-5)
- Classify skills from sporting examples on a continuum with justifications (6-7)
- Select skills, classify them on a continuum and justify their placement with reasoned judgments (8-9)

Starter – 5 mins

TASK (Pairs)

Match the key terms with the definitions

EXTENSION TASK (Pairs)

Can you think of any examples in sport to match with the key terms?

What is skill and what is an ability?

SKILL - A learned action/learned behavior with the intention of bringing about pre-determined results, with maximum certainty and minimum outlay of time and energy

ABILITY - Inherited, stable traits that determine an individual's potential to learn or acquire a skill

LEARNING TIP – THE WORD WITH THE MOST L'S IS THE ONE THAT HAS TO BE LEARNED!!!! SKILL

SKILL CLASSIFICATION

Skills are classified into four categories or groups:

- The **basic** to **complex** continuum
- The **open** to **closed** continuum
- The **self-paced** to **externally-paced** continuum
- The **gross** to **fine** continuum

Skill Classification

The Basic to Complex Continuum

Basic Skill	Complex Skill
Few decisions to be made	Complex decision making
Few decisions actually affect the success of the movement	Lots of decisions to be made in order to be successful
Tend to be taught as a beginner. Learned fairly quickly	Tend to be taught after experiencing success in basic skills
Walking is a basic skill	Can take considerable time to master
Jumping is a basic skill	High jump is a complex skill

The Open to Closed Continuum

Open Skill	Closed Skill
Unstable environment	Stable environment
Way skill performed is affected by people around you	Way you perform skills is not affected by people around you
Skill may change due to environment, what your opponents are doing	Skill performed the same way every time
Football pass performed differently (opponent)	The skill is self-paced.
Rugby tackle performed differently (opponent)	A somersault in gymnastics

Task 1

List as many different sport or physical activities as you can.

Task 2 (6-7)

Can you list each skill on the classification continua?

Extension Task

(8-9)

Discuss the link between the different components of fitness and the different classification of

The Self-paced to Externally-paced Continuum

Self-Paced	Externally-Paced
Start of movement is controlled by the performer	Start of the movement is controlled by external factors
Long Jump – Choose when to perform run up	When receiving a badminton serve, you only start your returning shot after your opponent has performed their serve
The speed, pace or rate of the movement is controlled by you.	The speed, pace or rate of the movement is controlled by external factors
When performing long distance run, you decide how fast you run.	When marking in netball, movement is affected by movement of opponent.

The Gross to Fine Continuum

Gross Skill	Fine Skill
Involves big movements of the body	Involves small, precise movements
Involves the use of large muscle groups	Involves the use of small muscle groups
Movements tend not to rely on accuracy and precision, for example kicking a ball, running, throwing a javelin	Movements tend to involve precision and accuracy, for example dart throw, archery, snooker, table tennis block shot

List of different sport or physical activity skills:

Basic _____ Complex

Open _____ Closed

Self-Paced _____ Externally-Paced

Gross _____ Fine

Complete the task sheet

1. Stick sheet in books and complete all tasks on the sheet.
2. Can you match the key words to definitions and copy them in your books
(Using the resource sheet provided)
3. Complete exam questions for homework.

Due: