|  |  |  |
| --- | --- | --- |
| **Characteristics of skillful movement** | **Definition** | **Sporting example** |
| Efficiency |  |  |
| Pre-determined |  |  |
| Co-ordinated |  |  |
| Fluent |  |  |
| Aesthetic |  |  |

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| **Classification of skills** |
| What is the environmental continuum? |
| Draw this below and place a skill on the continuum. |
| What is the difficulty continuum? |
| Draw this below and place a skill on the continuum. |

|  |  |  |
| --- | --- | --- |
| **Goal Setting** | **Define** | **Add an example of applying these principles Could (motivate/ improve)** |
| **S** |  |  |
| **M** |  |  |
| **A** |  |  |
| **R** |  |  |
| **T** |  |  |

|  |  |  |
| --- | --- | --- |
| **Mental Preparation** | **Define** | **Example in sport** |
| Imagery |  |  |
| Mental Rehearsal |  |  |
| Positive thinking |  |  |
| Selective attention |  |  |

|  |  |  |
| --- | --- | --- |
| **Types of guidance** | **Define** | **When is this used in sport** |
| Visual |  |  |
| Verbal |  |  |
| Mechanical |  |  |
| Manual |  |  |

|  |  |  |
| --- | --- | --- |
| **Types of Feedback** | | |
| **Explain the type of feedback and give practical examples** | | |
| Intrinsic | Extrinsic | Knowledge of performer |
| Knowledge of results | Positive | Negative |