



Skill Acquisition

Paper 1

Mr Venables

TOPIC 3.1.2.1

Skill, Skill Continuums, and the Transfer of Skills

TRANSITION WORK

Students should focus on how skill is acquired and the impact of psychological factors on performance.

Students should develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities.

TRANSITION WORK

Task –

- 1. Produce a Mind Map to explain the characteristics of skills used in Sport. (5 marks)**
- 2. Use of Skill Continua –**

Define the following classification of Skills Continua –

Open – Closed

Discrete-Serial-Continuous

Gross-Fine

Self-paced – externally paced

High- Low

Simple-Complex

(12 marks)

- 1. Select 3 skills – from any sport – (eg bowling in cricket / netball shot / serving in tennis) – design and print out a poster for each - justifying the placement of each skill on the continua above.**

(15 marks)

- 2. Define the following types of ‘transfer of learning’ – and giving a sporting example of each.**

Positive

Negative

Zero

Bilateral.

(8 marks)

- 3. Explain how a coach could ensure that there is positive transfer of learning.**

(4 marks)

Total 44 marks

Please complete Essay using the framework below to plan – type up your answer

**Good luck, and I look forward to starting the A Level Course in September with
you.**

Mr. Venables

Describe the types of transfer that can occur when learning and performing movement skills, and, using practical examples, analyse the effects of transfer.

15 MARKS ESSAY-PREPARATION FRAMEWORK

- *Select a topic/key term and write it into the box below.*
- *Try to build up as much information as you about that topic/key term.*
- *Get as far as you can using your memory only.*
- *Then use other resources (notes, textbook, MyPEExam etc)*

<i>TOPIC / KEY TERM:</i>			
<i>Points</i>	<i><u>AO1: Knowledge</u> (4 marks)</i> “WHAT”	<i><u>AO2: Application</u> (5 marks)</i> “HOW/ WHEN”	<i><u>AO3: Evaluation/ Analysis (6 marks)</u></i> “WHAT ARE THE IMPACTS” “DID IT HAS A POSITIVE OR NEGATIVE RESPONSE?”
	<i>Definition: (What is it?)</i> <i>Examples:</i>	<i>How/when does this work?</i> <i>How/when did it change? (if applicable)</i>	<i>Why did it influence?</i> <i>Why was there a need for change?</i> <i>What are the causes before?</i> <i>What else does it link to?</i> <i>Look at both sides Pros and Cons</i>
1			
2			
3			
4			
5			

6			
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