|  |  |  |
| --- | --- | --- |
| **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. |

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| **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  |  |  |

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