**Skill characteristics and classification Questions**

Passing a ball is an important aspect of many team games

* Using examples of passing from a team game, explain the differences between motor ability and perceptual ability (3 marks)

**The swimming start is a skill that requires certain abilities to be performed well.**

* Using examples from a swimming start, explain the **differences** between ‘motor ability’ and ‘perceptual ability’. *(3 marks)*
* Suggest **three** other characteristics of skill. (3 marks)
* What are the characteristics of a skilled performance? (3 marks)
* Briefly explain the terms ‘ability’ **and** ‘skill’. *(2 marks)*
* What are the characteristics of a skilled performance? *(3 marks)*

**Using examples, explain why different skills in a team game could be classified as:**

Open skills

Closed skills (2 marks)

The swimming start can be classified on continua as ‘open – closed’,

‘self paced – externally paced’ and ‘discrete – serial – continuous’.

* Classify the swimming start using these three continua. *(1 mark)*
* Justify how **two** of these continua may change during the race. *(2 marks)*
* The skill of triple jumping can be classified according to various skill continua.

Classify the triple jump according to the following continua, justifying each of

your choices:

* + open to closed
  + self-paced to externally paced
  + discrete to continuous *(3 marks)*

The skill of springboard diving can be classified according to various skill continua.

* Classify springboard diving according to the following four continua **and** justify

each of your choices.

* Open to closed
* Self-paced to externally paced
* Discrete to continuous
* Gross to fine

(4 marks)

**Skill characteristics and classification Answers**

Passing a ball is an important aspect of many team games

**Using examples of passing from a team game, explain the differences between motor ability and perceptual ability (3 marks)**

* Motor ability- movements/actions/performing task/motor programmes
* Eg Leg/arm/body actions/muscle contractions
* Perceptual ability- receiving/recognising/selecting/deciding on information from senses
* Eg detecting/seeing where team mates/ opposition are positioned.

**The swimming start is a skill that requires certain abilities to be performed well.**

**Using examples from a swimming start, explain the differences between ‘motor ability’ and ‘perceptual ability’. *(3 marks)***

A. Motor ability – concerned with movements/actions/performing task;

B. Eg Leg/arm/body muscle contractions/ pushing off the blocks;

C. Perceptual ability – receiving/ recognising/selecting information from senses;

D. Eg reacting to the gun;

**Suggest three other characteristics of skill. (3 marks)**

A. Consistency/repeatable success/few mistakes/maximum certainty

B. Coordinated/controlled

C. Fluency/flowing/smooth

D. Adaptable

E. Aesthetically pleasing

F. Goal orientated behaviour/ predetermined results

G. Precise/Accurate/Correct

**What are the characteristics of a skilled performance? (3 marks)**

A. Consistent/repeatable success/very few mistakes/maximum certainty

B. Efficiency/minimisation of time

C. Coordination/controlled/fluent/flowing/ smooth

D. Adaptable

E. Minimal outlay of energy/appears effortless

F. Aesthetically pleasing

G. Goal oriented behaviour/ predetermined/intention matches come/precise/accurate/correct

**Briefly explain the terms ‘ability’ and ‘skill’. *(2 marks)***

A. Ability – innate/born with/genetic/inherited;

B. Skill is learned.

**What are the characteristics of a skilled performance? *(3 marks)***

A. Consistency/repeatable success/few mistakes/maximum certainty;

B. Efficiency/minimisation of time/quick;

C. Coordinated/controlled;

D. Fluency/flowing/smooth;

E. Adaptable;

F. Minimal outlay of energy/appears effortless/economic;

G. Aesthetically pleasing;

H. Goal orientated behaviour/predetermined results/objective;

I. Precise/Accurate/Correct.

**Using examples, explain why different skills in a team game could be classified as:**

**open skills**

**closed skills (2 marks)**

A. Open skill – involves different/ changing environment/need to make decisions about how to adapt skill/eg open play situation/passing

B. Closed skill – involves same environment/few decisions about how to perform skill, just when to perform/ eg dead ball situation/set piece

**The swimming start can be classified on continua as ‘open – closed’,**

**‘self paced – externally paced’ and ‘discrete – serial – continuous’.**

**Classify the swimming start using these three continua. *(1 mark)***

A. Closed, Externally-paced, Discrete;

**Justify how two of these continua may change during the race. *(2 marks)***

A. Becomes open – affected by environment – pacing/keeping up/ adjusting speed;

B. Becomes self-paced – speed determined adjusted by performer;

C. Becomes continuous – repeated actions/cycles/strokes/no clear beginning or end **or** becomes serial – different actions linked together – start; strokes; turns;

**The skill of triple jumping can be classified according to various skill continua.**

**Classify the triple jump according to the following continua, justifying each of**

**your choices:**

 open to closed

 self-paced to externally paced

 discrete to continuous *(3 marks)*

A. Closed – unchanging environment/few decisions;

B. Self-paced – performer decides when to start and how fast to perform/ can

be externally-paced – limited time to perform;

C. Discrete – distinct beginning and end/ serial-contains separate skills;

**The skill of springboard diving can be classified according to various skill continua.**

**Classify springboard diving according to the following four continua and justify**

**each of your choices**.

* Open to closed
* Self-paced to externally paced
* Discrete to continuous
* Gross to fine

(4 marks)

1. Closed – unchanging environment/few decisions

2. Self-paced – performer decides speed of movement/when to start

3. Discrete – distinct beginning and end or serial – sequence of discrete skills

4. Gross – large muscle groups