

You have been asked to improve the skills of a group of AS level Physical Education students.

Explain why a warm-up is needed to start the session.

What factors need to be considered before deciding whether to teach a skill by progressive part practice?

A good answer must address both parts of the question adequately, and should consider accurately the following topic areas:

- Reasons for a warm-up, addressing points such as:
 - A. Reduces possibility of injury/ increase flexibility/elasticity of muscle tissue;
 - B. Release of synovial fluid/elasticity of connective tissue;
 - C. Increases body/muscle temperature;
 - D. Better oxygen delivery/ blood flow/ vasodilation to muscle tissues;
 - E. Better chemical reactions/higher metabolism;
 - F. Increased sensitivity of nerve receptors/ speed of nerve conduction/reaction time;
 - G. Allows for rehearsal of movement/ same skills as in activity;
 - H. Mental rehearsal/stress or anxiety reduction/psychological preparation/ relaxation/alertness
 - I. Supplies adequate blood flow to heart so increasing its efficiency;
- Factors to be considered when deciding whether to teach by progressive part practice, addressing points such as:
 - J. Explanation of progressive part/learn first stage, then add second stage then add third stage/'Chaining';
 - K. Depends on nature/type of task/skill;
 - L. Use part if skill can be broken down into parts/complex;
 - M. Serial skills;
 - N. Whole for simple/rapid/ballistic movements;
 - O. Progressive part or whole to gain 'feel'/kinesthesia/loss through part;
 - P. Part if element of danger;
 - Q. Depends on stage of learning
 - R. Whole for experienced/part for novice;
 - S. Depends on level of motivation;
 - T. Part is time consuming;