

AQA A Level Physical Education  
Chapter 3.1.2.1 Skill, skill  
continuums and transfer of skills

Characteristics of Skill

# Aims of the Lesson:

- To define “skill” and its characteristics
- To gain knowledge and understanding of the different groupings of skill
- Placing the different skills on the skill continua and understanding the use of this

# Hello Year 11...

Hi girls and welcome to A Level PE, yes A Level! Where has the time gone hey?

I wish we could be together for the exciting transition from GCSE to A Level but unfortunately we will just have to wait until September. This will give you a head start anyway so you will all be super before I see you again.

What I would like you to do is go through the powerpoint and make notes of key definitions such as the definition of skill. You can take notes in any way that you wish; I would advise either in the remainder of your GCSE books or in a notepad you can refer to later on in the year. Where the powerpoint asks you to discuss in pairs, obviously you are unable to do this unless you have a willing parent or sibling who might be interested in the topic of conversation.

For the skill continuums, I would like you to draw out an arrow for each of the 6 continuums and label 6 sports on each, depending if for example it is on the open end of the continuum or the closed. This should be a nice easy start for you and a bit of a recap from GCSE skill classification. Then have a go at the exam questions. Any problems email me. I hope to see you all very soon, Miss Statham :) x

# Skill

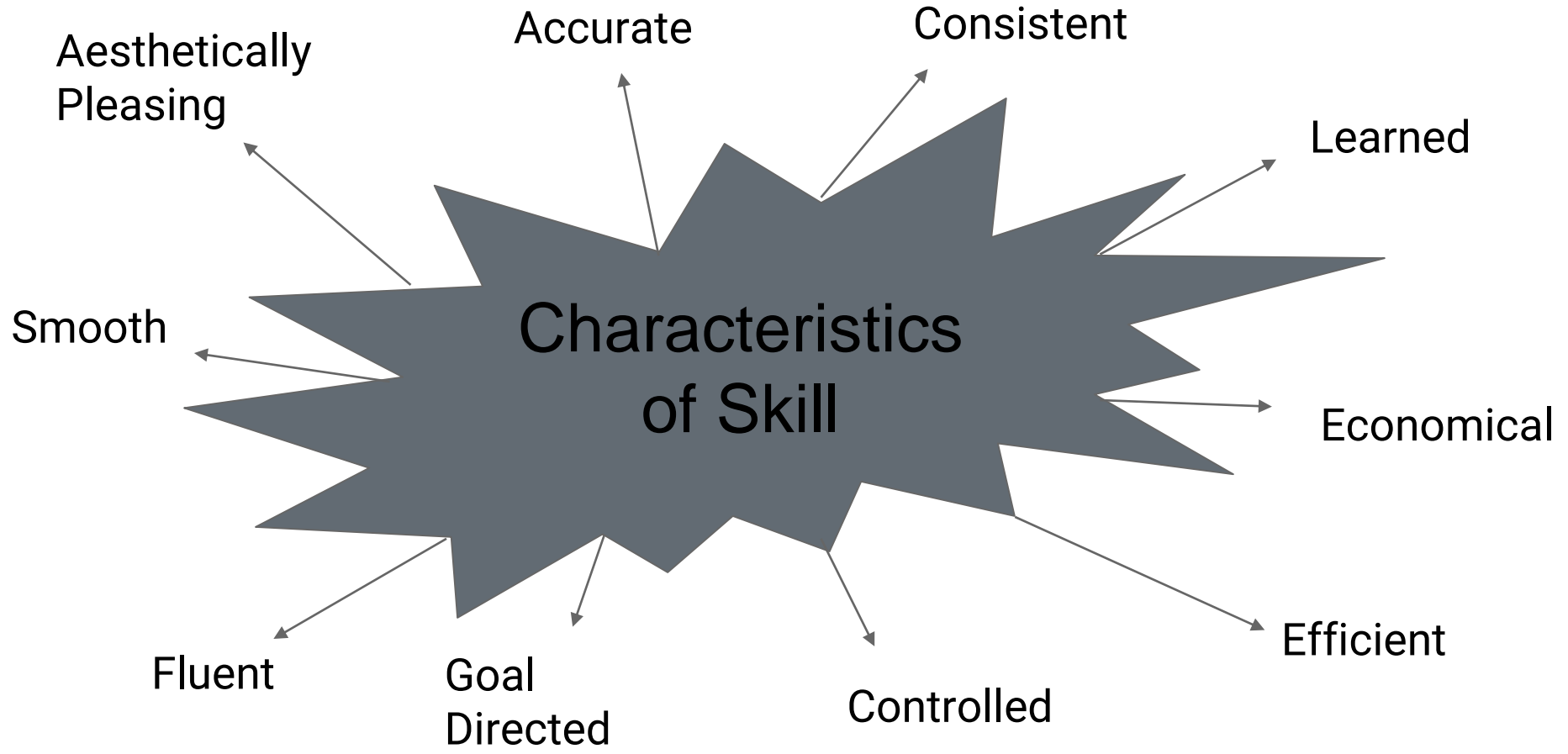
“Skill is a learned ability to bring about pre-determined results with the minimum outlay of time, energy or both” Barbara Knapp (1963)

# Characteristics of Skill

Task 1: What is a skill?

In pairs write down as many characteristics of skill as you can think of.

Think about all of the qualities that makes a performance really good - how has the athlete done this?



# Characteristics of Skill

Aesthetically Pleasing

Smooth

Fluent

Goal Directed

Accurate

Consistent

Controlled

Efficient

Economical

Learned

# Memory Tool

Remember the Acronym for Characteristics of Skill: ACE FACE or ACE FLAG

**A= Aesthetically Pleasing**

**Pleasing**

**C=Consistent**

**Consistent**

**E= Efficient**

**Efficient**

**F= Fluent**

**F=Fluent**

**A= Accurate**

**C= Controlled**

**A= Aesthetically**

**C=**

**E=**

**L= Learned**

**A=**

# AQA ALevel Physical Education

## Chapter 3.1.2.1 Skill, skill continuums and transfer of skills

The Use of Skill Continua



# Types of Skill

Task 2:

In pairs, write down as many types of skill as you can.

Think back to GCSE!

# Types of Skill

- Open
- Closed
- Gross
- Fine
- Self-paced
- Externally-Paced
- Discrete
- Continuous
- Serial
- Low Organised
- Highly Organised
- Simple
- Complex



# Continuum

A continuum is a set of criteria on a scale which have particular characteristics to different degrees.



# Environmental Influence

Open Skill: Performed within an unpredictable environment. Needs to be practiced in a variety of situations with decisions being adapted as the skill progresses.



Closed Skill: Performed within a predictable environment. Repeated actions consistently with fewer decisions to make.



# Extent of Muscles used

Gross Skill: Performed using large muscle groups.

Fine Skill: Performed using smaller, more intricate muscle. Small muscles can be used for fine motor control such as the muscles used to control movements of the eyes and the fingers.



# Control and Rate of Execution

Self-paced Skill: The performer controls the speed at which the skill is performed and often has some control over when to start it.



Externally-paced Skill: The performer has no control over when to start the skill or how fast it might be performed.

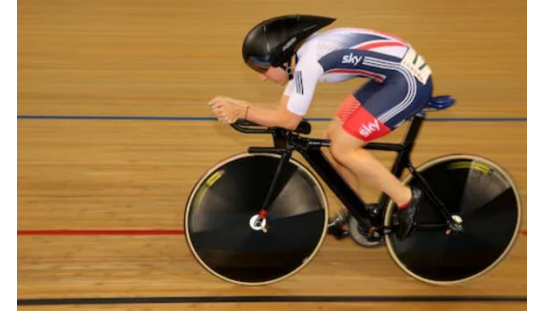
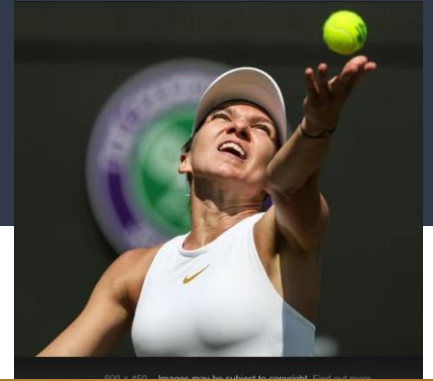


# Continuity

Discrete Skill: Has a clear beginning and end and is one short sharp action.

Continuous Skill: Has no clear beginning and end and often the end of one part of sub-routine of the skill is the start of the next part. A sub-routine is an action that is part of the whole skill movement.

Serial Skill: Defined as a skill in which several discrete skills are linked together in a specific order to form a completed task.



# Organisation

Low Organised Skill: A skill that is easily broken down into subroutines.



Highly Organised Skill: A skill that is not easily broken down into parts.





# Degree of Difficulty

Simple Skill: Needs limited decisions to be processed during its execution and there is not a lot for the performer to think about as the skill is being completed.



Complex Skill: There may be many decisions to make and an amount of information needed before the performer can attempt the skill.



# Task 3

Choose a skill from your own sport, classify the skill by selecting one or more of the following:

Open

Closed

Discrete

Continuous

Serial

Self-paced

Externally-paced

Justify your selection and discuss with a partner.

For example: A leap in dance - Closed/ Discrete/ Self-paced: Justify choices!

# Homework Exam Questions

8 Questions written up in one colour and answered in another colour.

Due next lesson: