

Q1.

Which **one** of the following classifications accurately describes the skill of taking a football penalty kick?

A	Closed, externally-paced, complex and discrete	
B	Closed, externally-paced, simple and discrete	
C	Closed, self-paced, complex and discrete	
D	Closed, self-paced, simple and discrete	

(Total 1 mark)

Q2.

Performers need to learn skills in order to take part in physical activity. Skilled movements are learned, economic and consistently successful.

State **three** other characteristics of skill.

1. _____
2. _____
3. _____

(Total 3 marks)

Q3.

Give **one** example of a low organisation skill in football.

(Total 1 mark)

Q4.

State **two** factors that determine whether a skill is classified as open or closed.

1. _____
2. _____

(Total 2 marks)

Q5.

Classify the corner kick in football using the following continua:

- open – closed
- self-paced – externally paced.

Justify your answers.

Open – closed: _____

Self-paced – externally paced: _____

(Total 2 marks)

Q6.

Describe the high – low organisation skill continuum.

(Total 2 marks)

Q7.

The triple jump is an athletic event where the aim is to jump as far as possible. The jumper does this by performing a hop, a step and a jump from a running start.

The photograph below shows an athlete performing the triple jump.

Classify the triple jump using the following continua:

- open – closed
- self-paced – externally-paced
- discrete – serial – continuous
- gross – fine.

Justify your choices.

(Total 4 marks)

Q8.

Define each of the following terms, using examples of motor skills.

- Gross

- Fine

- Open

- Closed

- High organisation

- Low organisation

(Total 6 marks)