

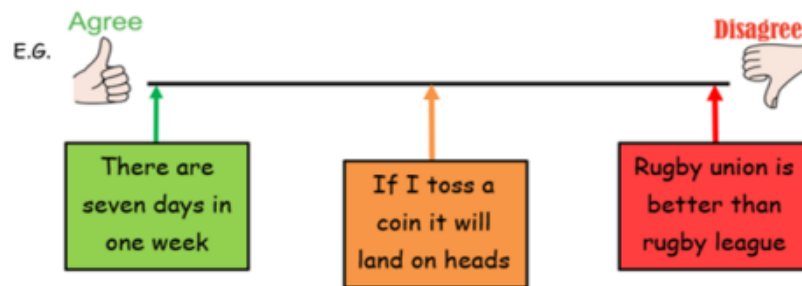


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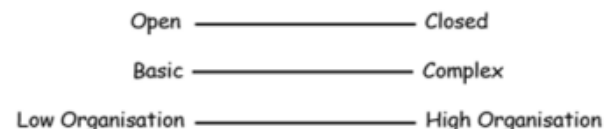
Component 2 Classification of Skills

Classifying skills on a continuum

- You need to classify skills on a continuum!
- A continuum is a line that goes between two extremes!
- We can put information on the continuum!



We need to know three continua (continua = more than 1 continuum)



Open and closed skills

	Open Skills	Closed Skills
Description	Open skills ARE affected by their surrounding environment. Extreme open skills need to be constantly adapted by the performer as situations change around them. Conditions are unstable and UNLIKELY to be the same each time a skill is performed	Closed skills are NOT affected by their surrounding environment. Extreme closed skills don't need to be constantly adapted by the performer as situations around them are stable. Conditions are LIKELY to be the same each time a skill is performed
Example of the skills	<ul style="list-style-type: none"> Dribbling in football Passing in basketball Tackling in rugby Shooting in hockey 	<ul style="list-style-type: none"> Penalty in football Gymnastics vault Tennis serve Free shot in basketball

Low organisation and high organisation skills

	Low Organisation Skills	High Organisation Skills
Description	Are easy to do Have clear separate phases Easy to break down and practice	Are hard to do Have phases that are not clear Hard to break down and practice
Example of the skills	<ul style="list-style-type: none"> Tennis serve Triple jump Back hand push shot Batting in rounders 	<ul style="list-style-type: none"> Golf swing Tumbling in gymnastics 10m High dive

Basic (simple) and complex skills

	Basic/Simple Skills	Complex Skills
Description	Are simple to perform Requires little thought Don't need much information to be processed Requires little decision making	Are difficult to perform Requires thought and concentration Require a lot of information to be processed Requires a lot of decision making
Example of the skills	<ul style="list-style-type: none"> Running Cycling Swimming Chest pass in netball 	<ul style="list-style-type: none"> Lay-up shot in basketball Rock climbing Overhead kick in football Backhand smash (badminton)



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Component 2 Types of Guidance

Visual guidance

Explanation: Visual guidance is when the performer is shown the skill e.g. videos, pictures and Demonstrations

- Pictures must be clear
- Demonstrations must be seen more than once & be of good quality so poor movement is not copied
- Demonstrations must be clearly visible

When would you use it: Is good for beginners so they can see what the skill looks like and create a mental image of what the movement should be

It is also good when it is not possible to hear verbal guidance e.g., during play

Advantages

- Can copy the movement
- Can be done with large groups

Disadvantages

- If demonstration is poor incorrect movement learnt
- Time consuming
- Videos are expensive
- Complex movements are difficult to recognise

Mechanical guidance

Explanation: mechanical guidance is where the coach uses equipment to support the performer to help them with technique.

- Using a harness when learning backward somersaults on a trampoline
- Using floats to develop leg strength when swimming

When would you use it: This can be used with performers of all abilities and skill levels it is particularly useful for beginners. It may be important to use mechanical guidance when the activity is dangerous such as using a harness when a performer is learning a new trampoline routine

Advantages

- Can get a feel for the movement
- Build's confidence
- Reduces danger

Disadvantages

- The feeling is not actually the same as actually doing the skill unaided
- Performer can become dependent on the support
- Incorrect feel can lead to incorrect movement being learned
- Cannot be used in large groups

Verbal guidance

Explanation: Verbal guidance is when the performer is told information about how to complete the correct technique

- Information must be clear so it is understood
- Information must be concise (not confusing)
- Performer must be able to hear the information

When would you use it: Is good for more experienced performers who know what the movement should look like and can make sense of the information.

It is also used when demonstrations are not possible e.g. a break in play

Advantages

- Instructions can be given quickly
- Can be used during a performance
- No equipment is required

Disadvantages

- Some movements are difficult to explain
- Relies on the coach's communication skills being good enough for the performer to understand

Manual guidance

Explanation: Manual guidance is where the coach physically supports or moves the performer to help them get into the correct position

- Tennis coach moving the racket arm in the correct range of motion for a forehand drive
- A trampoline coach supporting a front somersault
- A gymnastics coach supporting a balance to get the right shape

When would you use it: This can be used with performers of all abilities and skill levels it is particularly useful for beginners

Advantages

- Can get a feel for the movement
- Build's confidence
- Can help break down the movement into phases

Disadvantages

- The feeling is not actually the same as actually doing the skill unaided
- Performer can become dependent on the support
- Incorrect feel can lead to incorrect movement being learned
- Can only be used 1 on 1

Summary



Visual Guidance

A coach is giving visual guidance to a novice basketball player on how to grip the ball

He can see how the skill should be performed and can copy it

It is a clear demonstration so the performer uses the correct technique

Verbal Guidance

Jose Mourinho gives verbal guidance to an elite athlete. He gives him instructions quickly on how to improve technique

Because the athlete is experienced, he understands and makes sense of the information

Instructions are concise and easy to understand

Manual Guidance

Manual guidance is given to a novice performer on how to perform a serve

The performer gets a feeling for the motion and develops confidence to perform the skill in a game

Mechanical Guidance

A performer is using manual guidance (harness) to practice a trampoline routine

It's the first time the performer has attempted the routine so it reduces the danger

It develops the confidence of the performer as he can safely get a feeling for the movements involved



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Component 2 Types of Feedback

Type of Feedback	Explanation	Application
Intrinsic	<p>Intrinsic feedback is within the performer</p> <p>They understand how the movement feels from feedback from the muscles</p> <p>It is important so performers can spot their own errors</p> <p>Intrinsic feedback should be developed so the performer is not reliant on others</p>	<p>Used by experienced performers as the skill is well learnt and they can make amendments to their own performance based on their internal feedback</p> <p>E.g. When a gymnast is performing a somersault, they will be able to use internal feedback from their muscles to readjust their body to successfully perform the skill</p>
Extrinsic	<p>Extrinsic feedback is feedback from outside the performer</p> <p>Extrinsic is important as someone watching the skill can observe and explain what needs to be done to correct it</p>	<p>Used by less experienced performers as they are unlikely to detect their own errors</p> <p>E.g. When a gymnast is performing a somersault they may land falling backwards. A coach may tell them to stay tucked for longer, which will enable them to land on their feet</p>
Concurrent	<p>Concurrent feedback is given during a game</p>	<p>Used by experienced and less experienced athletes and can be intrinsic or extrinsic E.g.</p> <p>A gymnast may alter their body position during a somersault to perform it correctly (intrinsic)</p> <p>A coach may tell the performer to point their toes during a somersault, this will aid performance (extrinsic)</p>
Terminal	<p>Terminal feedback is given after the performance</p> <p>This may be due to the rules or the skill not being suitable</p> <p>Feedback should be given as soon as possible after the performance</p>	<p>E.g. A Gymnast performs a practice somersault. The coach would give feedback on how to improve the skill. The gymnast then performs again</p>

Feedback

The ability and experience of a performer and the type of skill will affect the type of feedback given!

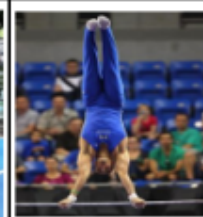
Effective feedback is used to:

- Provide information about the skill being performed
- Help improve performance or the skill
- Reinforce good practice

To be effective it must:

- Be short and concise (you can only process small amounts of information)
- Be given as soon as possible (while it is still fresh in their memory)
- Be relevant to the performer (specific to them not the whole group)

Summary



Intrinsic Feedback	Extrinsic Feedback	Concurrent Feedback	Terminal Feedback
An experienced performer uses intrinsic feedback from their muscles to adjust their body position to perform the skill successfully	A less experienced performer gets extrinsic feedback from their coach to explain how their performance can be improved	A coach gives concurrent feedback during a game of basketball	Team GB cycling team analyse data and performance after a race so feedback can be given to improve performance

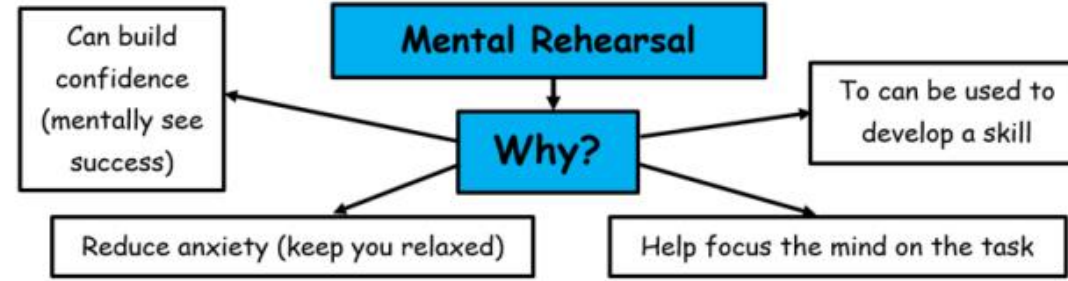





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Component 2 Mental Rehearsal

Mental Preparation

Mental preparation or mental rehearsal is a technique used by elite performers. It involves mentally practicing a skill before actually doing it.



Mental Rehearsal			
	Explanation	Example 1	Example 2
Warm-up	<p>One of the reasons why we warm-up is to mentally prepare, this can be done by mental rehearsal</p> <p>The performer goes through a skill or sequence of events they are about to perform in their mind</p> <p>This helps them clarify the skill they are about to perform, so they are confident they are ready to perform</p>	<p>Before a gymnastics performance they will imagine performing the actual routine, going through the various skills and visualising the whole routine</p> 	<p>Before participating in the bobsleigh, the driver will mentally go through the race, visualising every bend and turn down the track before actually racing</p> 
During an event	<p>Although mental rehearsal is completed before the start of a performance as part of their warm-up. It can also be used during a break or during the performance</p> <p>During a match when play is paused</p>	<p>If awarded a free kick in football the performer will see themselves completing the skill and where the ball is going to go before they take it</p> 	<p>During a free throw in netball the performer will imagine themselves successfully completing the shot before taking it</p> 