

4

AQA GCSE Physical Education Sports psychology

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Form 10w

Teacher Mr Maugon



Many questions you are asked in GCSE PE will require you to use the **KRAVE** anagram in your answer to enable you to gain maximum marks in your end of topic tests and exams at the end of year 11.



K	R	A	V	E
N	E	P	A	V
O	P	P	R	A
W	E	L	I	L
L	A	Y	E	U
E	T		D	A
D				T
G				E
E				

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AQA GCSE Physical Education

Sports psychology

	☹	☺	☺	
4.1 The classifications of	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	skill 98
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4.11 Personality types: introverts and extroverts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	120
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4.1

Skill and ability



See pages 84-87

Learning Objectives



To describe the difference between a skill and ability.



To identify different classifications of skill



To give sporting examples for the different classifications of skill and justify your reasons.

Please complete download bar

4.1 Skill and ability	
Start of the lesson	End of the lesson
1. Describe the difference between skill, ability and a trait	
a skill is something you need to maintain and practise to be good at and ability is more natural	skill - can be learnt ability - inherited trait - characteristics of a person
2. Describe the difference between open and closed skills	
	open affected by the environment closed no affect from the environment
3. Explain the difference between open and closed skills	
4. Give an example of a gross movement skill and a fine movement skill.	
gross - throw a ball fine -	gross - large muscle movements fine - small few muscle movements
Start of the lesson: DOWNLOAD BAR	End of the lesson (Actual %): DOWNLOAD BAR

4.1

Skill and ability



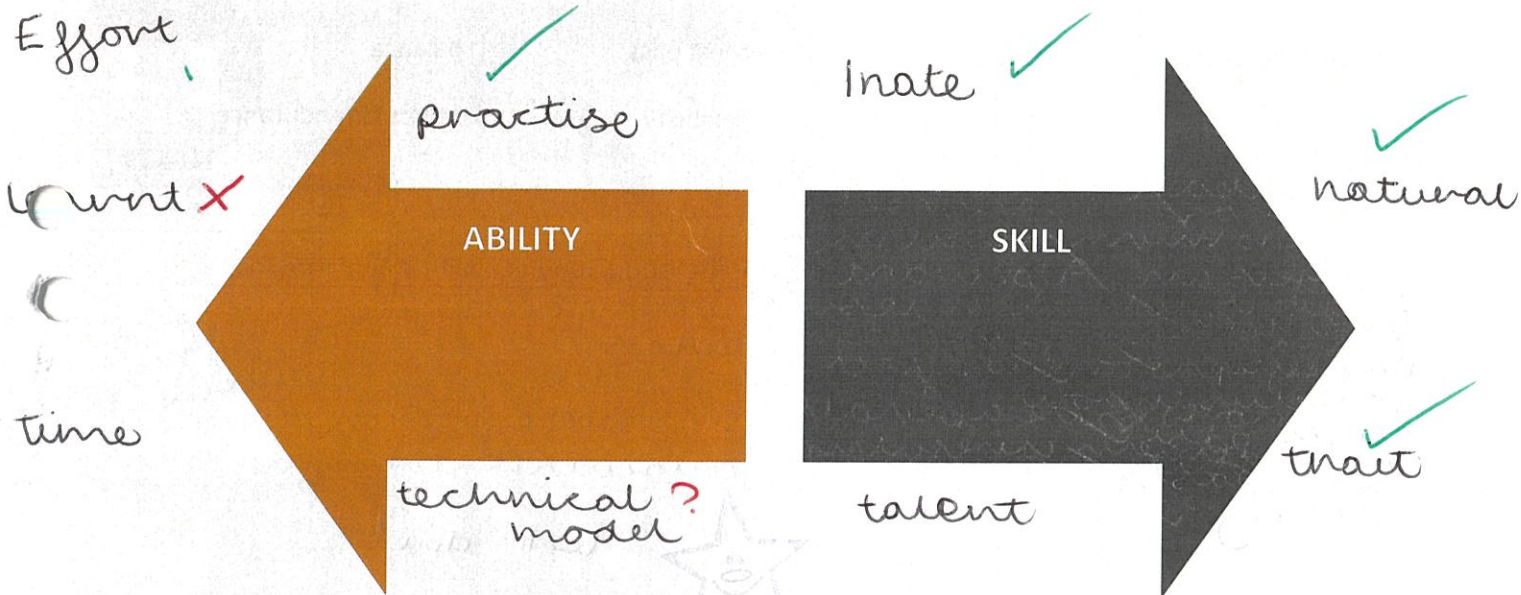
See pages 84-87



In your pairs, discuss your understanding of the following terms;

ABILITY V SKILL

Once you have discussed them, write a definition of each in the space below;



Research: using the text book, research the definitions AQA use for ABILITY and SKILL and write them in the boxes below.

ABILITY: an inherited, stable trait that determines an individual's potentials to learn or acquire a skill ✓

Cool. 😊

SKILL: a learned action or behaviour, with the intent of bringing about pre-determined results, with maximum certainty and minimum outlay of time and energy

4.1

Skill and ability



See pages 84-87

Task 1: Using your knowledge of 'ability' and 'skill', place the following words into one of the two categories below, please be prepared to justify your reasons for placing them in each column.

- | | | | |
|--------------------|------------|---------------|--------------------|
| Free kick | Backflip | Javelin throw | coordination |
| Muscular endurance | flick pass | chest pass | balance |
| Overhead clear | putting | flexibility | Muscular endurance |

Skill	Ability
free kick ✓ backflip ✓ javelin throw ✓ flick pass ✓ chest pass ✓ putting ✓	coordination ✓ balance ✓ muscular endurance ✓ flexibility ✓ muscular strength ✓ well done!



Environmental Influence

This classification is concerned with the effects of the environment on the movement of the skill. This takes into account all the surrounding factors, what could they be?

Task 2: Identify three skills from a range of sports that you would consider to be open skills and 3 that you would consider to be closed skills.

OPEN SKILLS	CLOSED SKILLS
<ul style="list-style-type: none"> Skills are affected by the environment Predominantly perceptual, Involve decision making. Movements have to be adapted to the situation. 	<ul style="list-style-type: none"> Skills are not affected by the environment Aim to do the same set technical model. They are habitual.
1. passing the ball ✓ 2. overhead clear 2. placement 3. timing 3. tackling in rugby	1. speed diving 2. technique putting in golf 3. strength swimming

Please see me.

Some confusion here Jenneke.



4.1

Skill and ability



See pages 84-87

Muscular Involvement

Muscular movement is concerned with the concept of PRECISION.

Task 3: Identify three skills from a range of sports that you would consider to be open skills and 3 that you would consider to be closed skills.

GROSS SKILLS	FINE SKILLS
<ul style="list-style-type: none"> • Large muscle movements • Little concern for precision 	<ul style="list-style-type: none"> • Intricate movements • Small muscle groups. • Involve accuracy & hand eye coordination.
1. tackling rugby ✓ 2. passing a ball long distance ✓ 3. dead lifting weight lifting ✓	Spin 1. bowling in cricket ✓ 2. backspin table tennis ✓ 3. drop shot badminton ✓



Task 4: Skills do not specifically belong to one classification, look at the pictures below and identify which category they belong to.



Rugby Tackle ✓

• gross
• lots of muscle power



Spin Bowling ✓

• fine
• precision



Sprint Start ✓

• gross
• lots of power + speed



Forehand Slice ✓

• fine
• small movement + needs to be accurate



well done!

4.1

Skill and ability



See pages 84-87

1. Classify the following skills as either open or closed. Explain your choice for each.

A shot in football during open play ✓

A pass/ set in volleyball ✓

A forward roll in gymnastics ✓

A high jump ✗

A goalkeeper trying to save a penalty flick in hockey ✗

(5 marks)

A football shot is open as other players can affect the shot. A pass/set in volleyball is open as you need to think about where the ball will go and if other players are. A forward roll in gymnastics is closed as there is not much decision making as nothing will affect your performance. A high jump is closed as there is no one to affect your performance. A goalkeeper trying to save a penalty flick in hockey is open as you need to think carefully about who is free and if any one could get in anyway (3)

2. Javelin is an athletic event involving a run and throw. Classify a javelin throw as either gross or fine. Justify your answer.

(2 marks)

javelin throw is gross as you use lots of muscle groups and you need lots of power for it to go a long way good (2)

5/8

4.1

Skill and ability



See pages 84-87

DIFFICULTY

In the classification it is important to consider the complexity of movement. When we do this we need to consider 6 different aspects of the movement;

Task 5: Identify three skills from a range of sports that you would consider to be simple skills and 3 that you would consider to be complex skills.

BASIC SKILLS	COMPEX SKILLS
<ul style="list-style-type: none"> • Low levels of the previous aspects. • Small amounts of information to process. • Few decisions. • Small sub routines • Can still be difficult to learn. • Examples would be; <ol style="list-style-type: none"> 1. catching ✓ kicking a ball ✓ 2. throwing ✓ underarm ✓ 3. running ✓ 	<ul style="list-style-type: none"> • High levels of the previous 6 aspects. • High perceptual load • Many decisions • Lots of sub-routines • Examples would be; <ol style="list-style-type: none"> 1. rugby tackling ✓ 2. darts ?? why? triple jump 3. swimming ✓



Triple Jump

Complex - you need to jump in the exact right place need to be precise



Passing in football

Complex - it takes precision and ^{lots of} perceptual load



Running

Basic - not a lot of perceptual load children can do it once they have walked



Jumping

Basic - easy to learn



4.1

Skill and ability




See pages 84-87

PACING


In this category, we are concerned with the level of control that a performer has over the timing of a movement. This can be the speed at which the movement is carried out and the time that the movement begins.

Task 6: Identify three skills from a range of sports that you would consider to be simple skills and 3 that you would consider to be complex skills.


SELF- PACED SKILLS	EXERNALLY-PACED SKILLS
<ul style="list-style-type: none"> Start of the skill is determined by the performer. Also the rate at which the performer completes the movement. They do tend to be closed skills. Examples would be; <ol style="list-style-type: none"> uneven bars ✓ gymnastics routine ✓ serve table tennis ✓ 	<ul style="list-style-type: none"> Skills the environment determines that rate of movement. Opponents can determine when a performer needs to react. These tend to be open skills. <i>Badenell would be better. Take care with his</i> Examples would be; <ol style="list-style-type: none"> shooting netball ✓ start of a running race ✓ returning a ball in tennis ✓




Taking a penalty
self paced - do it in your own time ✓



High Diving
self paced - you can choose when to go ✓



Start 100m Freestyle
Externally paced - you are told when to go ✓



Dribble in basketball
Externally paced - you are under pressure from other players ✓

