



Learning Objectives



Define the term 'guidance.'

Describe the four types of guidance a performer can receive.

Identify advantages and disadvantages of each type of guidance and types of guidance that would be used for particular performers.



Superb work Sarah,
Keep it up!

4.1 Skill and ability

Start of the lesson

End of the lesson

1. Define what 'guidance' is.

support? Helping teammates,
leading

2. List four types of guidance a sports performer can receive.

visual / verbal / manual /
mechanical

visual, verbal, manual, mechanical ✓

3. State two advantages of 'visual' guidance.

etc

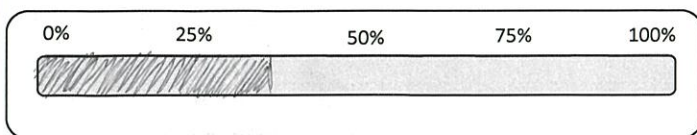
key points can be highlighted ✓

4. Which type of guidance would be best suited to a beginner gymnast learning a backward somersault?

verbal & visual / mechanical.

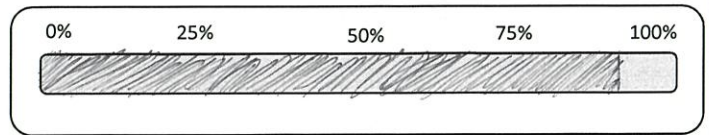
Start of the lesson:

DOWNLOAD BAR



End of the lesson (Actual %):

DOWNLOAD BAR





Complete the Wordsearch below looking for the key words; **Verbal, Visual, Mechanical, Manual.**

L	M	A	N	V	U	L	V	R	N
V	M	V	H	C	N	A	E	N	A
M	V	C	C	E	V	C	L	R	B
L	A	B	R	E	V	I	M	E	A
U	N	N	V	I	L	N	A	A	I
S	B	A	U	I	M	A	U	E	L
I	M	M	E	A	A	H	U	V	M
V	I	S	U	A	L	C	U	R	A
U	N	U	E	R	U	E	R	M	A
M	E	C	A	N	I	M	C	A	L

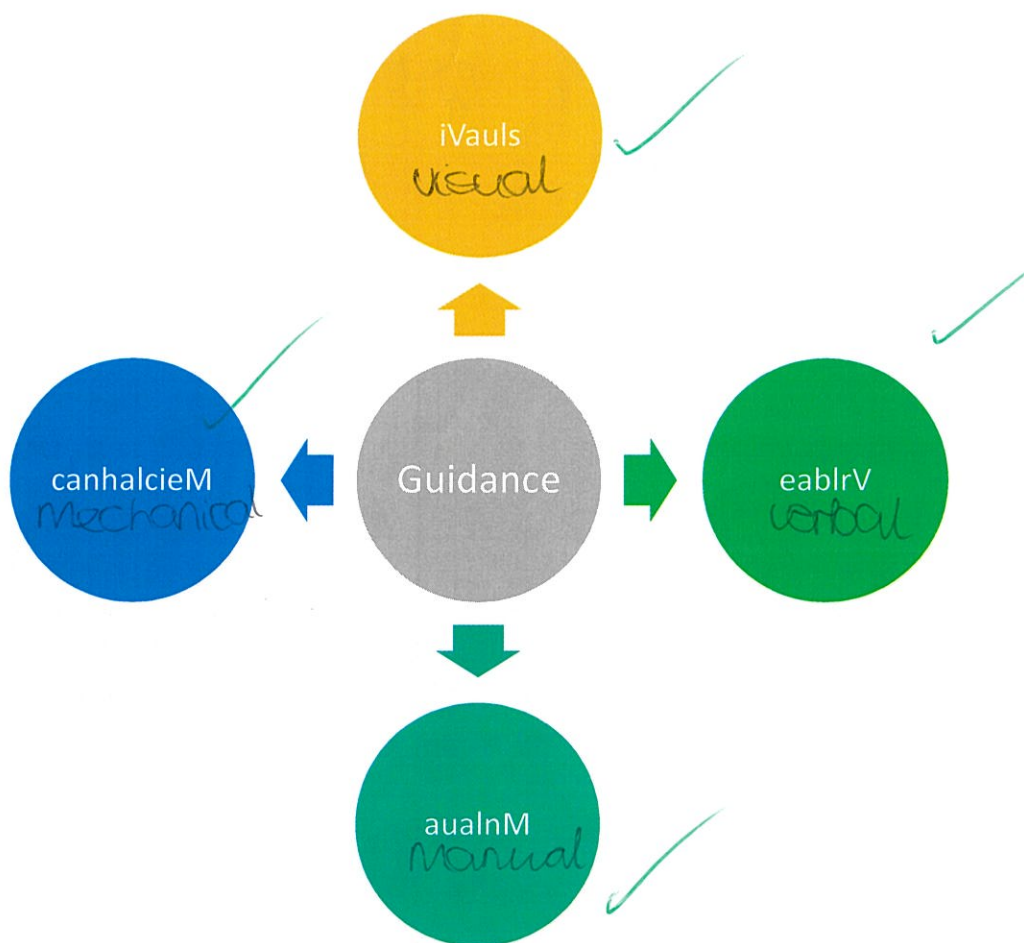
At the end of a performance or when during the performance, performers will need help from a coach or teachers to improve performance.

Can name and describe the 6 different types of feedback used by teachers and coaches?

1. Positive - Good for beginners, helps to motivate, gives performer confidence.
2. Negative - best for elite
3. Internal - from yourself
4. External - getting feedback from a source other than yourself
5. Knowledge of results - how successful the performance
6. Knowledge of performance - best for elite performers



Types of Guidance

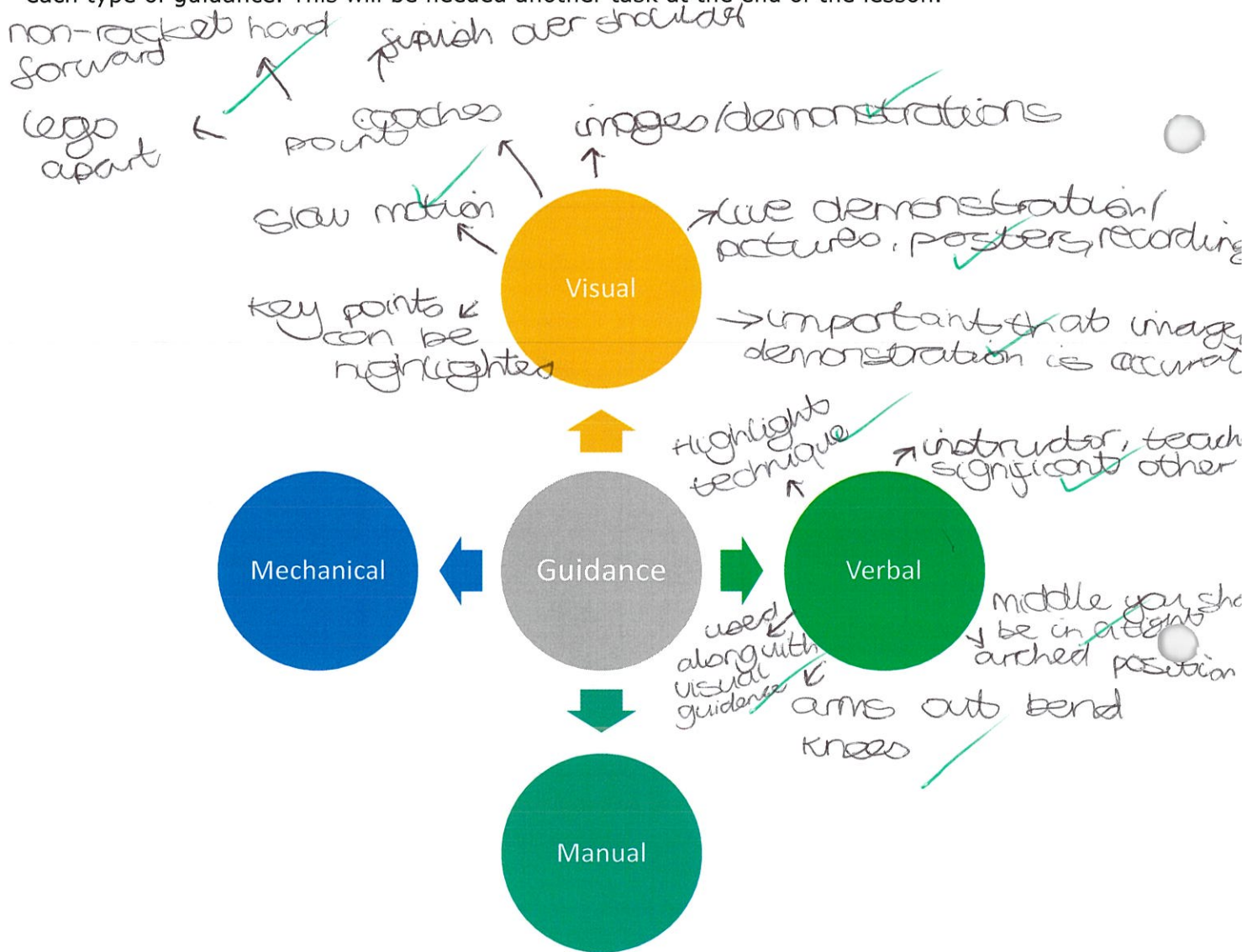




GUIDANCE CHARACTERISTICS



Task: Using the information provided on the PowerPoint, make detailed notes on the characteristics each type of guidance. This will be needed another task at the end of the lesson.

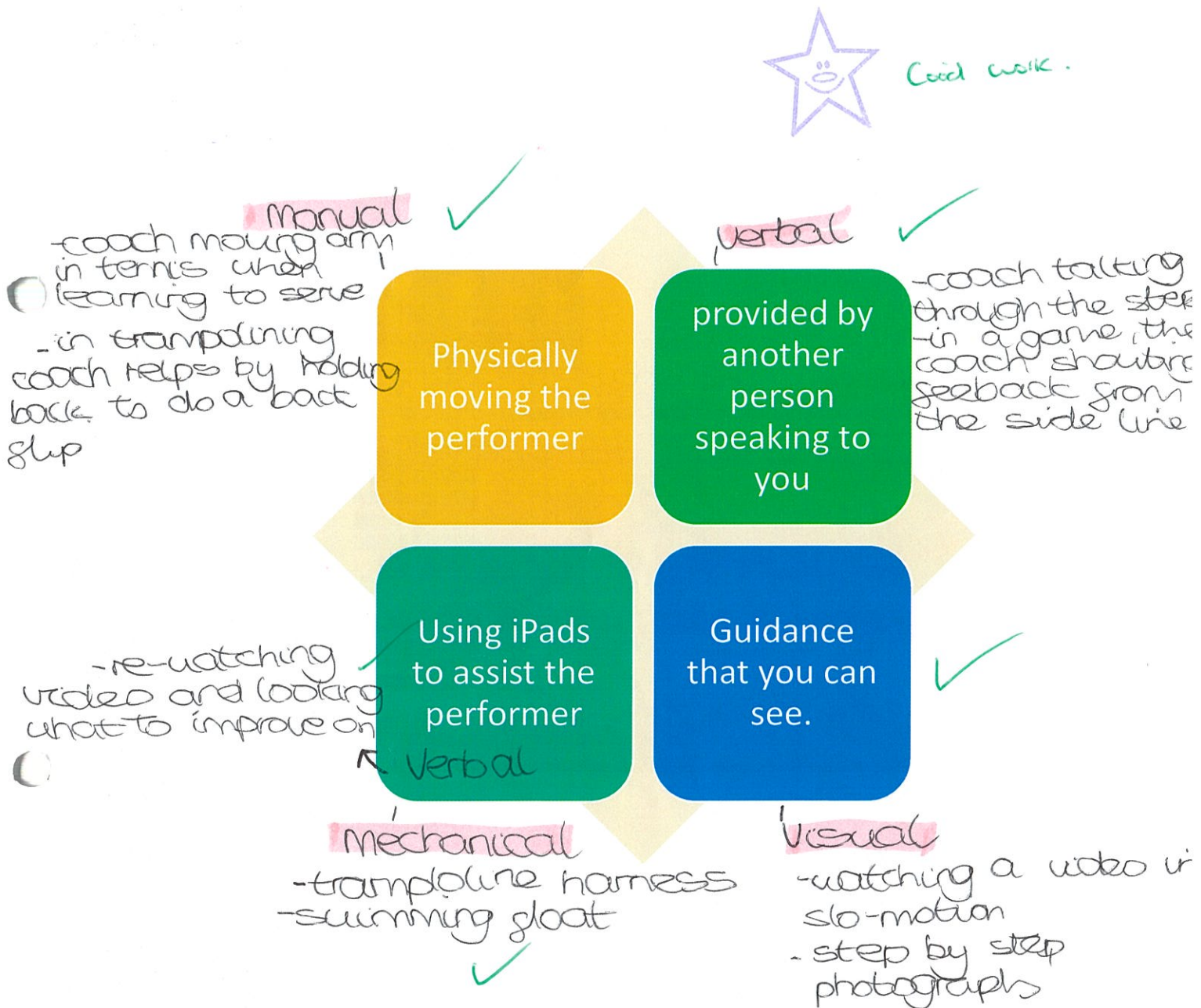


GUIDANCE



See pages 92-5

Match the description of the type of guidance with the four you have identified above on your Wordsearch. Once completed, provide two examples of each type of guidance that a teacher/coach could use to improve performance.



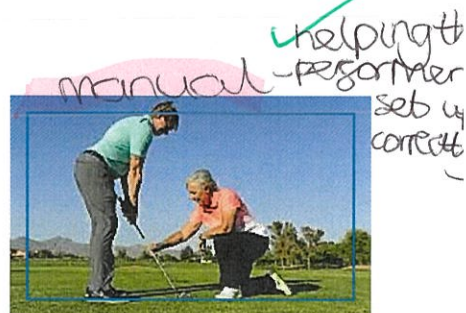
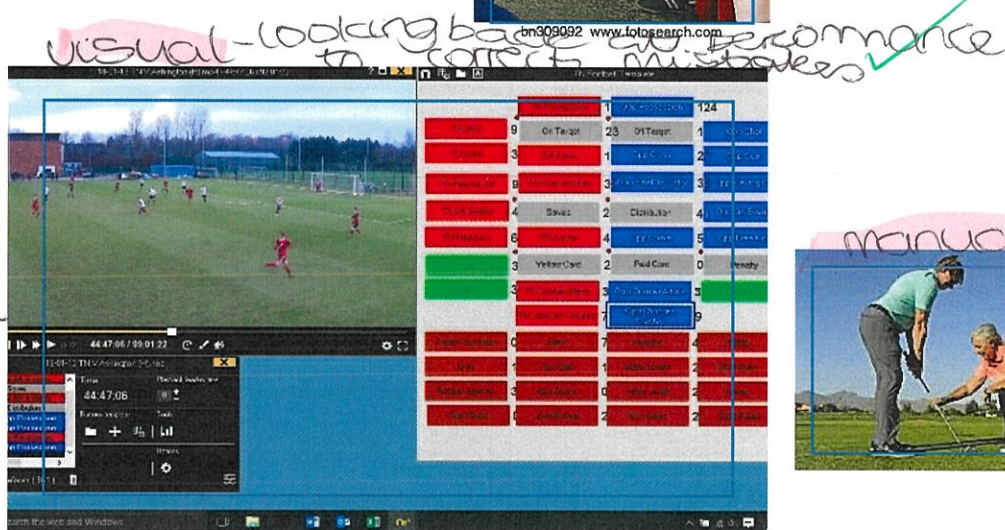
GUIDANCE



See pages 92-5

A02: Having discussed each type of guidance, match the guidance to each of the sporting examples.

Well done Süci!



mechanical-arm bands supporting the child on the water



mechanical-trampoline harness supporting the performer



Having experienced each of the types of guidance, it is important that you are able to analyse the use of each type on performers. Use your text book.

Verbal guidance

Summary when a coach describes how to perform a skill or tells a performer something.

Advantages

- Questioning can make a performer think.
- Useful for sharing basic information and instructions.
- Especially useful for higher-level performers.
- Good way of highlighting key teaching points.

Disadvantages

- can result in information overload
- it can be boring
- sports arenas are noisy, making it hard to hear
- complex things are difficult to explain verbally

Example of when this may be best used:

dribbling techniques by using words to describe what to do whilst doing it.

Visual guidance

Summary

Information given to a performer that they can see, which helps them to develop.

Advantages

- used for every level of performer
- specific aspects can be observed
- performers can copy what they've seen
- vision is people's most dominant sense

Disadvantages

- some skills are too complex to demonstrate
- not effective if performer isn't paying attention
- the demonstration or image must be good quality

Example of when this may be best used:

A slow motion video to point out key details for example when looking at a long jump technique



Mechanical guidance

Summary guidance given using sports equipment

Advantages

- useful for beginners as they can feel safe whilst practising a skill they haven't done before
- Helpful for teaching a complex skill
- Adds support

Disadvantages

- If constantly relying on equipment the performer might be unable to perform the skill without it
- difficult to use in large groups

Example of when this may be best used:
Using a harness in trampolining can keep the performer safe while they learn a new skill.

Manual guidance

Summary when the coach physically moves your body through the technique

Advantages

- useful for beginners as they can learn what it feels like before they do it
- Helpful for teaching complex skills

Disadvantages

- The performer may not think they are actually performing themselves.
- A movement can feel different when someone else is moving your body for you.

Example of when this may be best used:

when practising a golf swing the coach might guide the performer's arm before attempting properly



Crack work



HOMEWORK

1. Which type of guidance is best suited to beginners? **visual**

(1 mark)

mechanical because it gives them support and makes them feel of safe which is important when starting something new

2. For a beginner in the sport of basketball, how might visual, verbal and manual/mechanical guidance be used?

(3 marks)

visual is important because images can be used effectively to be shown how to shoot. Verbal guidance can be used throughout a game where the coach/other teammates are shouting guidance from the sideline. manual guidance can be used when learning how to pass and the coach helps the performer position their hands correctly ~~sets~~ on the ball. **visual**

3. Explain which types of guidance you might use if you were teaching/ coaching the following. You must then explain how your chosen type of guidance would benefit the performer:

a) A beginner in badminton

visual because they will need to see how to do the skill before they are able to perform it. Also it can be paused to see how to do things in more detail, like a serve

b) A beginner in gymnastics

manual because it will help the performer feel safer and more confident if the coach is there to support them

c) A local club-level footballer

Verbal, the coach can shout who to mark and other guidance from the side

d) A local club-level netballer

Verbal because during a match the coach and other teammates can encourage a shoot guidance from the sideline

e) An advanced triple jumper

visual because they can watch a previous performer back and see from that what went wrong & how to improve

f) An advanced golfer

visual as they can look back on their previous performances and improve on technique by seeing if anything went wrong last time.

