

## KOL PE 3: Characteristics of skilful movement, and skill classification.

At GCSE, we learned that

- 'A skilled movement is one in which a predetermined objective is accomplished with maximum efficiency with a minimum outlay of energy'.

Watch: <https://www.youtube.com/watch?v=VltAgg2H-HE>

**Task 1:** a, Find a video of a skilful performance from your sport, similar to the ones in the video.  
b, Describe who is performing the skill, and what they are doing.

To be skilful, motor skills must be performed with certain characteristics (there are 8)

**Task 2:** a, Research the 8 characteristics of skilful movement defined by Edexcel for A Level PE. List them in the table.  
b, Looking again at the video you found, tick the boxes below if your performer is demonstrating these characteristics.


At GCSE we learned about the *Environmental Continuum*, and the *Difficulty Continuum*. At A Level, there are others: *Pacing*, *Continuity* and *Muscular Involvement*.

**Task 3:** Complete the continua below adding at least 3 examples into the correct area within the boxes.

Examples	<p>Muscular Involvement – large or small muscle groups used</p> <p>Gross ←————→ Fine</p>
Examples	<p>Pacing – the amount of control the performer has over the movement/performance</p> <p>Self-Paced ←————→ Externally-Paced</p>
Examples	<p>Continuity – does the skill have an obvious start and end, or is it continuous?</p> <p>Discrete ←————→ Serial ←————→ Continuous</p>
Fill in this box from GCSE PE Examples	<p>Environmental Influence -</p>

**Task 4:** Looking again the skill in your video. Explain where it would be placed on each of the continua above – give reasons for your answer.