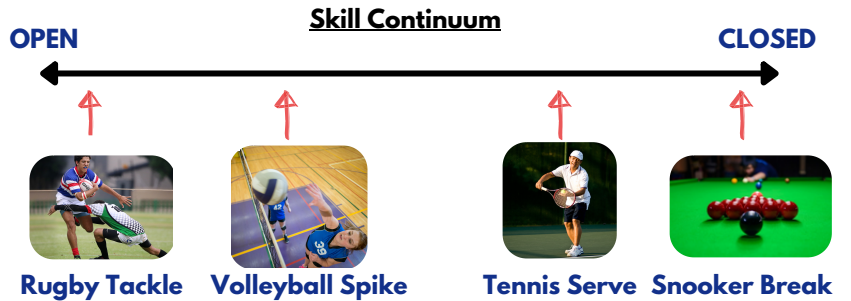




Classification of Skills

- Open v Closed
- Basic v Complex
- Self-Paced v Externally-Paced
- Gross v Fine



Open v Closed

- Open - variable & unpredictable environment
- Closed - stable & predictable environment - can be planned

Basic v Complex

- Basic - player finds easy & needs little concentration
- Complex - requires full concentration

SMART goals are often set by sports performers in order to:

- Increase motivation
- Monitor Progress

- S** - Specific
- M** - Measurable
- A** - Accepted
- R** - Realistic
- T** - Time-Bound

PE COMPONENT 2 - SKILL CLASSIFICATION & GOAL SETTING



Gross v Fine

- Gross - uses large muscle groups which don't need to be precise
- Fine - uses smaller muscle groups which are more intricate & must be more precise

Goal Setting



Self-Paced v Externally-Paced

- Self-Paced - performer controls the start & speed of skill
- Externally-Paced - performer has no control over start or speed of skill

