

Year 12 Skill Acquisition Checklist

| Topic Area | Details | | | |
|---|---|--|--|--|
| Classification of skills | I can justify placement of skills on all six continuums: difficulty, environmental, muscular involvement, continuity, pacing and organisation. | | | |
| Types and methods of practice | I understand the characteristics of all eight types of practice: part, whole, whole-part-whole, progressive-part, massed, distributed, fixed, and varied. | | | |
| | I can establish when each type would be best used. | | | |
| Transfer of skills | I can recall the five types of transfer of skills: positive, negative, proactive, retroactive & bilateral. | | | |
| | I know and how to optimise positive transfer and limit negative transfer and can apply my knowledge. | | | |
| Principles and theories of learning movement skills | I can recall the key characteristics for all three theories of learning: operant conditioning, cognitive and social/observational. | | | |
| | I can provide a sporting example to support my explanation of each theory of learning. | | | |
| Stages of learning | I understand the key characteristics for each stage of learning; cognitive, associative, and autonomous. | | | |
| Guidance | I can explain the four different types of guidance: visual, verbal, mechanical and manual. | | | |
| | I can compare the differences between each type. | | | |
| | I can identify the advantages and disadvantages for each type of guidance. | | | |
| Feedback | I can identify the six types of feedback: intrinsic, extrinsic, positive, negative, knowledge of performance, knowledge of results. | | | |
| | I can successfully explain the advantages and disadvantages of using each type of feedback. | | | |