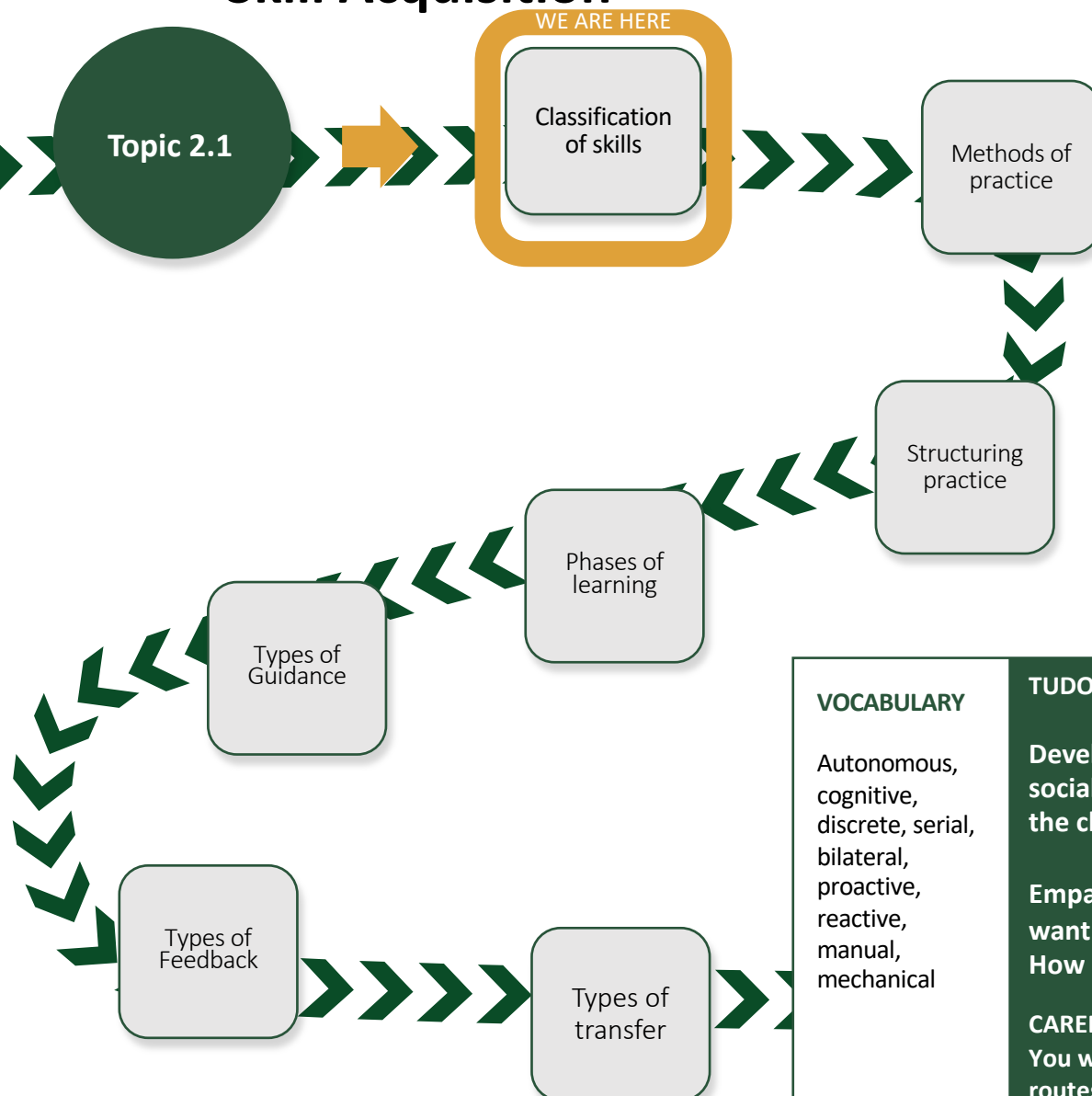




LEARNING JOURNEY

A Level PE

Skill Acquisition



This half-term you will discover how we can categorise skills on continuums which will draw up on your prior GCSE knowledge of skill acquisition. This will give you a firm understanding of how you can utilise the eight practice/ training methods that are best suited to the skills you are learning. This knowledge will facilitate your understanding of how a performer can develop, using types of feedback & guidance, from a novice to an expert in sport through the phases of learning. Through the study of this half-term, students will gain a deeper understanding of the underlying psychological factors that influence our skill acquisition in physical activity and sport. Key aspects of this half-term will be synoptic in the learning over the next two years. For example, phases of learning will underpin learning in leadership and arousal theories!

VOCABULARY

Autonomous, cognitive, discrete, serial, bilateral, proactive, reactive, manual, mechanical

TUDOR HABITS AND VALUES

Develop a willingness to participate in community and social settings via presentations on phases of learning to the class in small working groups.

Empathy: Students explore why cognitive learners would want manual/ mechanical guidance during a rock climb. How might they feel and how can a coach help?

CAREER LINKS-

You will explore careers that use methods of practice and routes you can take to enter this discourse.