

Name \_\_\_\_\_

Class \_\_\_\_\_

## 1.1 Classification of Skills

### 1.2 Goal Setting



<b>Topic</b>	<b>Description from Specification</b>	<b>Pupil comments – How confident do you feel on this topic?</b>
Skill and Ability	Definitions of skill and ability.	
Classifications of skill	Basic definition of the following skill classifications: Basic/complex, open/closed, self-paced/externally paced, gross/fine. Students should be taught to choose and justify the appropriate classifications in relation to sporting examples.	
Definitions of types of goals	Basic definitions of the following types of goals: Performance goals (personal performance/no social comparison), outcome goals (winning/result). Appropriate performance and/or outcome targets for sporting examples.	
The use and evaluation of setting performance and outcome goals in sporting examples	Performance and outcome goals can be combined. However, it is generally accepted that outcome goals should be avoided as they rely on factors that cannot be controlled, e.g. other performers. Beginners prefer to avoid outcome goals because failure can demotivate/winning may be an unrealistic goal.	
The use of SMART targets to improve and/or optimise performance	SMART targets of goal setting are: Specific, Measurable, Accepted, Realistic, Time bound.	

**Skill v Ability**

Skills are learned whereas ability is seen as natural or inherited.

Name a sport that you have 'natural ability' in. Where does this ability come from and what is the evidence for this?

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Name a skill within a sport that you have had to work at in order to learn? How did you learn the skill and how long did it take?

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**Classification of Skills**

There are several ways of grouping or classifying skills.

**Open v Closed Skills**

**Open skills** occur in variable and unpredictable environments. They are affected by the environment. Dribbling in football is an open skill because the position of the opponent is always different.

**Closed skills** take place in a stable and predictable environment, where a response can be planned. They are not affected by the environment. Skills in sports such as archery, golf and darts are largely closed skills

Are the following skills **open** or **closed**?

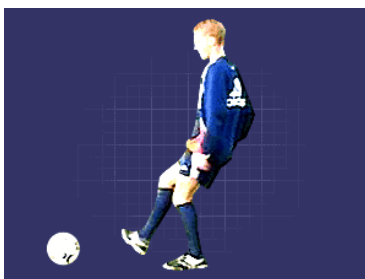


### Basic v Complex Skills

A **basic (simple) skill** is one that a player finds easy and needs little concentration to complete. For example a chest pass in netball is a simple skill.

A **complex skill** requires full concentration. If a player's attention is distracted, it is unlikely that the skill will be completed successfully. For example a penalty in football.

Are the following skills basic or complex?



## Self-Paced v Externally Paced Skills

A **Self-Paced Skill** is when the performer controls the start and speed of a skill. A penalty in football is an example of a self-paced skill as the performer can decide when to strike the ball and how quickly to do this.

An **Externally Paced Skill** is when the performer has no control over the start or speed of the skill. Playing a defensive shot in cricket is an example because the batsman must react to the speed of the delivery from the bowler.

Are the following skills self-paced or externally paced?



**Gross v Fine Skills:**

A **gross skill** is a skill that uses large muscle groups which do not need to be very precise. An example of this is a tackle in rugby as large muscles of the body are used and if the tackle isn't precise, it can still be successful.

A **fine skill** is a skill that uses smaller muscle groups which are more intricate and must be very precise. Throwing a dart is a fine skill as the action must be very precise in order for it to be successful.

Are the following skills gross or fine?



**The Skill Continuum:**

It is important to remember that skills can be classified within a continuum. Many skills do not sit at one end of the continuum, but somewhere in the middle. The diagram below gives an example of a continuum for open/closed skills.



### **Goal Setting**

Goal setting is often used by both performers and coaches in sports as a tool for **motivation**. There are two types of goals that can be set.

**Performance goals** are concerned with improving skill, technique and individual performance. They do not involve **social comparison** to other teams or individuals.

**Outcome goals** are concerned with the overall result and winning.

Are the goals in the following table performance or outcome goals?

	<b>Performance or Outcome Goal?</b>	<b>Why?</b>
Football - To finish the season as league champions		
Cricket – To improve batting average by 10 runs by the end of the month		
Tennis – To win three tournaments throughout the summer		
1500m – To improve PB by 5 seconds at the next event		

Name a sport that you participate in. \_\_\_\_\_

Create a performance and outcome goal to help motivate you to improve in this sport.

#### **Performance Goal**

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#### **Outcome Goal**

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Performance and Outcome goals can be combined so that a performer is motivated to improve their own performance, as well as focus on winning.

However many performers will generally avoid outcome goals as they rely on the performance of others and can become **demotivating**. It is only very **elite performers** who should be using outcome goals.

A golfer is ranked 101<sup>st</sup> place in the World. She has set herself a goal of winning a major tournament within the next year. Discuss the type of goal that has been set and whether you agree with it.

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A 400m runner has just qualified for the World Championships for the first time. He has set himself a goal of setting a new PB at the Championships. Discuss the type of goal that has been set and whether you agree with it.

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Who are the following people? Underneath each person write out an outcome goal and performance goal that this person could set themselves.



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

- Increase **motivation** in order to progress
- Enable you to **monitor** how well you are doing

Goals that are set should always be:

**Specific:**

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**Measurable**

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**Accepted**

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**Realistic**

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**Time-bound**

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For each of the above, give a brief description of what this means.

Give a **SMART** goal that you could set for your sport:

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Fill in the table below to explain how your target matches each area of 'SMART'.

<b>Part of SMART</b>	<b>Individual Goal for you within your sport</b>
Specific	
Measurable	
Achievable	
Realistic	
Time-bound	

SMART goals require reviewing and at regular intervals. If your target was to improve by 2 levels on the multi-stage fitness test, when would you review this target? How would you review it?

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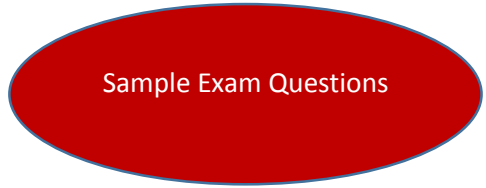
If you do not review your SMART goals regularly, what might happen?

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Mariam is a football player and is using SMART targets to set herself a goal for the new season. Explain why Mariam would use realistic and measurable goals?



i) Realistic (2 marks)

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ii) Measurable (2 marks)

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Usman and Tony enjoy participating in athletics.

Targets are often used to improve motivation.

Explain how Usman and Tony could use target setting to improve their motivation to train.

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**Recap on Skill:**

<b>Classification</b>	<b>What is it?</b>	<b>Give an example</b>
Closed Skill		
Open Skill		
Basic Skill		
Complex Skill		
Gross Skill		
Fine Skill		
Self-Paced Skill		
Externally Paced Skill		

**Key Terms:**

**Skill** – Learning to bring about predetermined results, as a result of practice.

**Ability** – A natural, innate capability

**Open Skill** – Occur in variable and unpredictable environments. Affected by the environment.

**Closed Skill** – Occur in fixed and predictable situations. Not affected by the environment.

**Basic Skill** – A skill that requires few decisions when being performed

**Complex Skill** – A skill that requires decision making using lots of information

**Self-Paced Skill** – When the performer controls the start and speed of a skill

**Externally Paced Skill** – When the performer has no control over the start or speed of the skill

**Gross Skill** – A skill that uses large muscle groups

**Fine Skill** – A skill that uses smaller muscle groups

**Outcome Goal** – A target that is focussed on winning or social comparison against others

**Performance Goal** – A target that is focussed on improving individual performance or technique

**SMART Goals**- Targets that are specific, measurable, achievable, realistic and time-bound

**Motivation** – Gives the reasons for people's actions, desires and needs