

Name: _____

1.1/1.2 Skill/Goal Setting

1.3/1.4 Information Processing/Guidance & Feedback

Date:

Time: 40 minutes

Total marks available: 30

Total marks achieved: _____

Percentage: _____

Q1. Which one of the following types of feedback is concerned with technique rather than outcome? **(1 mark)**

- A** Intrinsic Feedback
- B** Extrinsic Feedback
- C** Knowledge of Performance
- D** Knowledge of Results

Q2. Dribbling in basketball fits which description? **(1 mark)**

- A** Open & Basic Skill
- B** Closed & Complex Skill
- C** Open & Complex Skill
- D** Closed & Basic Skill

Q3. Using an example, explain what is meant by a gross skill **(2 marks)**

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Q4. Name an ‘externally paced’ skill and explain why it is classified in this way? **(2 marks)**

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Q5. Ciara plays as a striker for her local football club. She is currently going through a bad patch of form. Using an example, explain how Ciara can use performance goals in order to improve her form. **(3 marks)**

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Q6. What does the ‘A’ in SMART stand for? **(1 mark)**

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Q7. Describe two ways that SMART targets help to improve performance. **(2 marks)**

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Q8. Explain what is meant by the following types of feedback and using examples, state how each may affect the performance of an U9 netball team.

Positive: **(3 marks)**

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Negative: **(3 marks)**

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Q9. Visual guidance can be used when teaching new skills in sport. Describe two advantages and two disadvantages of using visual guidance to teach a forehand shot in tennis.

Advantages **(2 marks)**

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Disadvantages **(2 marks)**

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