

PE Bridging activity for year 11 students moving in to year 12

In September, we will be focusing on the skill acquisition section of the course and this will involve the students understanding the development of skills in sport.

You need to produce a written document that you will hand in on the first lesson back in September and you will be expected to be able discuss your work with the rest of the group.

How can we define a skill in sport? There are a number of classification continuums that help us to understand the different types of skills, for example: gross and fine. You should discuss the different types of continuums and give examples of sports and skills when you draw and discuss the continuum.

Some of the skills mentioned above can be transferred to a different skill. For example being able to throw overarm may help in the learning of a tennis serve. Discuss the transfer of learning and the different types that exist, for example: positive and negative, proactive and retroactive.

Good luck and I look forward to seeing you in September

Mr Howell