

Physical Education Grade 13 Tutorial1

1. Performers need to learn skills in order to take part in physical activity. Skilled movements are learned, economic and consistently successful. State three other characteristics of skill.
2. Using sporting examples, summarise the characteristics of open and closed skills.
3. Using a practical example, describe what is meant by a complex skill in physical activity.
4. Front crawl in swimming can be classified as an open skill or a closed skill. Explain when front crawl could be classified as an open skill.
5. Giving a practical example for each, explain why a skill can be classified as either self paced or externally paced.
6. Describe the theory of operant conditioning when applied to the learning of motor skills.
7. Using practical examples from sport, explain how operant conditioning affects the learning of motor skills.
8. State two ways in which a coach could help a performer who is in the cognitive stage of learning move on to the associative stage of learning.
9. Abilities can often affect participation in physical activities. What is meant by the term ability? Give sporting examples of a gross motor ability and a psychomotor ability.
10. Describe the cognitive theory of learning. Give a practical example of how the cognitive theory of learning might be applied to learning a movement skill and a practical example of how it might be applied to a healthy lifestyle.

