Skill Movement and Classification

Motor Skills:

Skilful Movement:

|  |  |  |
| --- | --- | --- |
| Characteristics of skilful movement | Definition | Example in Sport |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

What is Skill Continua?

For each continuum write the definition for each end and then plot sporting examples along the line.

Difficulty Continuum

Complex

Simple

Environmental Continuum

Closed

Open