

BTEC Level 3 Physical Education – Unit 23 Skill Acquisition in Sport – Learning Aim D

Learning aims

In this unit you will:

- A - Investigate the nature of skilled performance
- B - Examine ways that sport performers process information for skilled performance
- C - Explore theories of teaching and learning in sport
- D - Carry out teaching and learning strategies for sports skills

- D1. Presentation of skills
- D2. Types of practice
- D3. Styles of teaching
- D4. Styles of learning
- D5. Methods of guidance

<p>D1. Analysis of the task</p>	<p>Complex or simple Number of parts Performer's level of skill</p>		<p>D3. Moston and Ashworth's Spectrum of learning styles</p>	<p>Command Reciprocal Guided discovery Problem solving</p>	
<p>D1. Methods of presenting the skills</p>	<p>Part method Whole method Progressive part method Whole-part-whole method</p>		<p>D4. Characteristics of a visual, auditory and kinaesthetic learner</p>	<p>Learn through input Respond to demonstrations or not Remember colour size and location Need to be able to visualise, do or hear</p>	
<p>D2. Factors influencing choice</p>	<p>Type of skill Amount of info to be processed Environmental factors Previous experience of performer Performer's level of motivation</p>		<p>D5. Factors influencing type of guidance chosen</p>	<p>Personality, motivation and skill level of learners Learning style of learning Type of skill being taught Environmental factors Stage of learners</p>	
<p>D2. Types of practice</p>	<p>Massed Distributed Variable mental practice</p>		<p>D5. Types of guidance</p>	<p>Visual Verbal Manual Mechanical</p>	
<p>D3. Factors affecting choice of learning style</p>	<p>Personality of teacher Personality of learners Skill level of learners Size of group Type of skill Time available Resources available</p>				

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Term	Definition/notes/concept
Kinaesthetic	
Personality	
Motivation	
Cognitive	
Associate	
Analysis	
Progressive	
Learning style	
Command	
Reciprocal	
Guided Discovery	
Problem solving	
Tactics	

Keywords: