

Skills

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Motor skill

- ◎ A motor skill is a function, which involves the precise movement of muscles with the intent to perform a specific act.
- ◎ Movement skills are also called motor skills. The definition of a motor skill is a learned movement response.

Characteristics of Skillful Performance

- ◎ **Efficient - no wasted effort in the movement.**
- ◎ **Predetermined - the performer knows what they are doing and what they are trying to achieve.**
- ◎ **Coordinated - all the parts (or subroutines) of the skill are linked together seamlessly.**
- ◎ **Fluent - flowing and smooth.**
- ◎ **Aesthetic - it looks good**

Efficient

- ◎ **No wasted effort in the movement. For example, a top level butterfly swimmer will not make any unnecessary splashing and kicking when racing.**



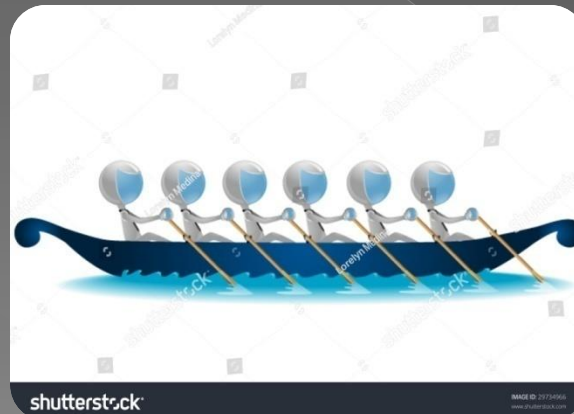
Predetermined

- ◎ - The performer knows what they are doing and what they are trying to achieve. For example, a good badminton player can play a serve with disguise into the corner so it beats the opponent.



Coordinated

- ⦿ - all the parts (or subroutines) of the skill are linked together seamlessly. For example, a triple jumper's hop, step and jump movements must be in the right place at the right time.



Fluent

- ⦿ **Flowing and smooth. For example, a high class trampolinist will perform a routine so that each move flows smoothly into the next.**

Aesthetic

- **it looks good. For example, an international slalom snowboarder races stylishly and looks good to the spectators.**



Good Technique

- ◎ **Correct technique when executing the skill.
For example, a good hockey player will hit the ball with good technique to a team-mate during a match.**

Classification of skills

- ◉ **Gross and Fine**
- ◉ **Open and closed**
- ◉ **Discrete-Serial-Continuos**
- ◉ **External-internal paced**
- ◉ **Simple-complex**
- ◉ **High and low organization**

Gross and Fine motor skills

What are Fine Motor Skills?

Fine motor skills are **small** movements — such as picking up **small** objects and holding a spoon — that use the **small** muscles of the fingers, toes, wrists, lips, and tongue.

Gross motor skills are the bigger movements — such as rolling over and sitting — that use the large muscles in the arms, legs, torso, and feet.

Discrete- Serial- Continuous

Discrete Skill

- A skill with a clear beginning and end, one short movement
- E.g. Kick in football



Serial Skill

- A skill that is made up of several discrete skills put together
- E.g. Triple Jump



Continuous Skill

- A skill that is made up of the same movement repeated over and over again, no clear beginning or end.
- E.g. Swimming stroke



Open and Closed

Skill Classification – Open/Closed

An **open skill** is one that is affected by the sporting **environment**. The performer has to make **decisions** in response to their surroundings.



↑
OPEN

A **closed skill** involves less decision making because it has a **predictable environment**. The performer can take their time to execute the skill.



↑
CLOSED

● ————— ●
Think. Pair. Share - Can you name other skills and where would they fit on the continuum?



Self Paced and External Paced

Externally Paced- Self Paced Continuum

- ✓ What Controls the rate or pace at which the skill is performed?
- ✓ What controls the start of the movement?



Externally Paced

The rate of movement is controlled by external factors

Receiving an opponents serve in Tennis

The initiation of movement is controlled by external factors

Defender reacting to the movement of a forward



Self Paced

The rate of movement is controlled by the performer

Speed of rotation in a gymnastic somersault

The initiation of movement is controlled by the performer

Start of a dive in a competition



Simple and Complex skill

Skill Classification – Basic/Simple & Complex

A **complex skill** involves a high level of **decision making** and has a large cognitive or thinking element to it.

Simple skills have a limited amount of information to process. The skill has a smaller cognitive element.



Think. Pair. Share - Can you name other skills and where would they fit on the continuum?



Low and High Organisational

ORGANISATIONAL CONTINUUM (LOW – HIGH)

- This concerns how closely linked the sub-routines of the movement are.

Low organisation skills: are made up of sub-routines that can easily be separated, practiced by themselves and then put back into the whole skill.

High organisation skills: in these the sub-routines are very closely linked together and difficult to separate without disrupting the skill. Highly organised skills are usually practiced as a whole.



Skill Classification – Organisation

A **low organised skill** can be broken down into **parts, or subroutines**.



↑ LOW ORGANISED

A **highly organised skill** is hard to break down since it is **fast** in its execution.



HIGH ORGANISED ↑

Think. Pair. Share - Can you name other skills and where would they fit on the continuum?



would they fit on the continuum?

