


Level 3 – Practical Sports – Theory / Research

A **skill** = something which is learned, practiced in training and can be repeated in a game


A **technique** = elements which are applied to make up the skill (eg contact point, body position, foot position)

Match up the following Types of Skill with their definition (if you are unsure, research the information)


Skill	definition	
Open skill	The environment is predictable and doesn't change	Open Skill =
Closed skill	You control the rate at which you do the skill	Closed Skill =
Self paced skill	The sporting environment needs to be constantly changing	Self Paced Skill =
Externally paced skill	The environment dictates how and when you do the skill	Externally Paced Skill =



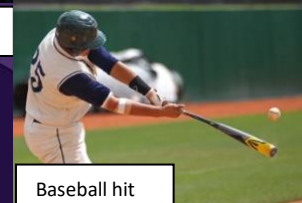
Throwing a punch



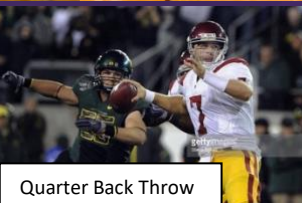
Basketball layup




Free kick



Baseball hit



Quarter Back Throw



Potting in snooker

Place EACH skill where you think it falls on the **Closed to Open Skill continuum** and repeat this for **Self Paced or Externally**



Level 3 – Practical Sports – PRACTICAL

For the following skills below (equipment depending) see how many you can do in 1 minute or how long you can do it before dropping the equipment

Skill	Amount (first attempt)	Amount (second attempt)
Boxing jab left hand (1 minute)		
Boxing jab right hand (1 minute)		
Football keep ups (1 minute)		
Spinning the ball on a finger (timed)		
Headers of a football (1 minute)		
Keeping a ball up with a racket (1 minute)		
Successful dribbles of a basketball around a designed course (1 minute)		
Successful dribbles of a football around a designed course (1 minute)		
Alternating catches off a wall (left to right hand) (1 minute)		

For a sport of your choosing design a skills test circuit for young players to participate in and label it

Reading <https://www.bbc.co.uk/bitesize/guides/z3x7tyc/revision/3> (GCSE Bitesize - PE - Skills)

Video <https://www.youtube.com/watch?v=VltAgg2H-HE> (Top 10 Skills in Sport)