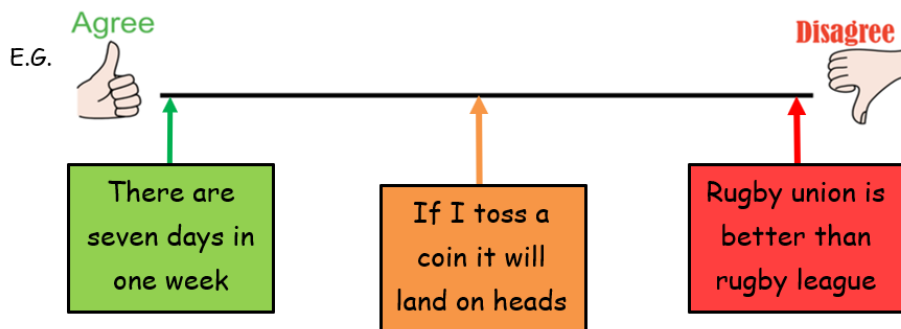
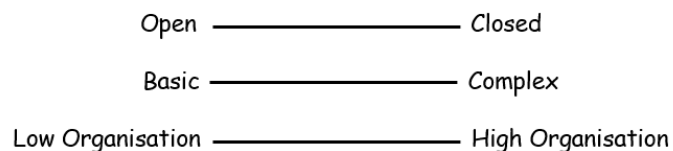


## Classifying skills on a continuum



- You need to classify skills on a continuum!
- A continuum is a line that goes between two extremes!
- We can put information on the continuum!



We need to know three continua (continua = more than 1 continuum)




## Open and closed skills

	Open Skills	Closed Skills
<b>Description</b>	Open skills <b>ARE</b> affected by their surrounding environment. Extreme open skills need to be constantly adapted by the performer as situations change around them. Conditions are unstable and <b>UNLIKELY</b> to be the same each time a skill is performed	Closed skills are <b>NOT</b> affected by their surrounding environment. Extreme closed skills don't need to be constantly adapted by the performer as situations around them are stable. Conditions are <b>LIKELY</b> to be the same each time a skill is performed
<b>Example of the skills</b>	<ul style="list-style-type: none"> <li>Dribbling in football</li> <li>Passing in basketball</li> <li>Tackling in rugby</li> <li>Shooting in hockey</li> </ul> 	<ul style="list-style-type: none"> <li>Penalty in football</li> <li>Gymnastics vault</li> <li>Tennis serve</li> <li>Free shot in basketball</li> </ul> 

## Low organisation and high organisation skills

	Low organisation Skills	High organisation skills
<b>Description</b>	Are easy to do Have clear separate phases Easy to break down and practice	Are hard to do Have phases that are not clear Hard to break down and practice
<b>Example of the skills</b>	<ul style="list-style-type: none"> <li>Tennis serve</li> <li>Triple jump</li> <li>Back hand push shot</li> <li>Batting in rounders</li> </ul> 	<ul style="list-style-type: none"> <li>Golf swing</li> <li>Tumbling in gymnastics</li> <li>10m high dive</li> </ul> 

## Basic (simple) and complex skills

	Basic/Simple Skills	Complex Skills
<b>Description</b>	Are simple to perform Requires little thought Don't need much information to be processed Requires little decision making	Are difficult to perform Requires thought and concentration Require a lot of information to be processed Requires a lot of decision making
<b>Example of the skills</b>	<ul style="list-style-type: none"> <li>Running</li> <li>Cycling</li> <li>Swimming</li> <li>Chest pass in netball</li> </ul> 	<ul style="list-style-type: none"> <li>Lay-up shot in basketball</li> <li>Rock climbing</li> <li>Overhead kick in football</li> <li>Backhand smash (badminton)</li> </ul> 