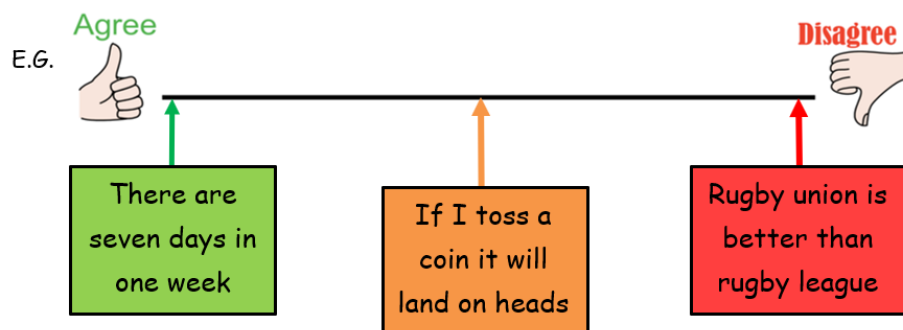
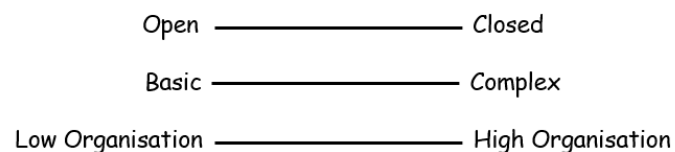


Classifying skills on a continuum



- 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
Description	Open skills ARE 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 UNLIKELY to be the same each time a skill is performed	Closed skills are NOT 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 LIKELY to be the same each time a skill is performed
Example of the skills	<ul style="list-style-type: none"> Dribbling in football Passing in basketball Tackling in rugby Shooting in hockey 	<ul style="list-style-type: none"> Penalty in football Gymnastics vault Tennis serve Free shot in basketball 

Low organisation and high organisation skills

	Low organisation Skills	High organisation skills
Description	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
Example of the skills	<ul style="list-style-type: none"> Tennis serve Triple jump Back hand push shot Batting in rounders 	<ul style="list-style-type: none"> Golf swing Tumbling in gymnastics 10m high dive 

Basic (simple) and complex skills

	Basic/Simple Skills	Complex Skills
Description	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
Example of the skills	<ul style="list-style-type: none"> Running Cycling Swimming Chest pass in netball 	<ul style="list-style-type: none"> Lay-up shot in basketball Rock climbing Overhead kick in football Backhand smash (badminton) 