|  |  |  |  |
| --- | --- | --- | --- |
| Learning outcome | I understand this | I can recall this | I need to revisit this |
| I have researched and know what a motor programme is. |  |  |  |
| I have completed the screencast on motor programme and have notes that allow me to know what a programme is. |  |  |  |
| I can name the different types of transfer. |  |  |  |
| I can describe the different types of transfer. |  |  |  |
| I can explain how effective transfer can take place. I can relate this to real coaching situations. |  |  |  |
| I know how negative transfer can be avoided. |  |  |  |
| I know the variations of bi-lateral transfer.  |  |  |  |
| I can describe the learning theories and link them to sporting examples. I know what gestaltist is! |  |  |  |
| I know the advantages and disadvantages of each of the learning theories. |  |  |  |

**Week 3 Task sheet A level PE Skills and practice**

**Key words:** Skill classifications, including, Gross Fine, Open closed. Types of practice, massed, Fixed, whole, whole, part, whole. Varied. Progressive.

1. Complete a screencast on Motor programmes (on ASH PE YOU TUBE) Monday
2. Complete a screencast on transfer (on ASH PE YOU TUBE) make notes Monday
3. Complete notes that also use the book on transfer Monday
4. Complete a screencast on learning theories making notes. Tues/Wed dependent on group
5. Complete the exam questions on theories of learning. Thur/Fri dependent on group
6. Create a Kahoot account and create a KAHOOT that has 10 question on muscles/ Fibres/ bones/ joints etc. Include movement question, contraction questions.
7. Complete booklet on theories of learning. **For Monday 20th**