**Extension Question for AMS motor skill Learning**

1. Using sporting examples identify the characteristics of a sportsperson in the cognitive phase.

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2. Using sporting examples identify the problems linked to the cognitive phase.

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3. What practices and types of guidance are best to support someone in the associative phase?

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4. What are the characteristics of the autonomous phase?

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4. Tennis serve.

Using the above skill explain what phase you would consider yourself and justify your explanation.

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5. For visual guidance to be effective it is important that:

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6. You are a coach of a basketball team and are using verbal feedback. Explain why you are using this method and identify what you need to do to ensure it is effective feedback.

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1 mark for reason and 3 for identification of effective feedback.

7. Identify a sport that would benefit from mechanical guidance. Give a sporting example to explain why.

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8. Explain why massed practice is better suited to more experienced players.

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9. What are the advantages to a varied practice?

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10. Use a sporting example to explain the advantages of mental practice.

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