|  |  |  |  |
| --- | --- | --- | --- |
| Learning outcome | I understand this | I can recall this | I need to revisit this |
| I know what a motor unit does and how  It works |  |  |  |
| I know the names of all the major muscles in the body including the names of the quads and hamstrings. |  |  |  |
| I know the difference between coactive, interactive and individual skills |  |  |  |
| I know the type of practice that will suit a specific skill |  |  |  |
| I can describe the different types of practice and explain the advantages and disadvantages. |  |  |  |
| I can apply types of practice to practical situations and justify my selection |  |  |  |
| I can perform a movement analysis stating the muscles, type of contraction, with and against gravity, as well as state the plane of movement. |  |  |  |
| I can prepare a session that is based around types of practice. |  |  |  |
| I can link the classifications of skills and justify the reason I’ve placed the skill on the continuum. |  |  |  |

**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 6 mark Q on page 15 of pink booklet for Monday.
2. Complete the Fitness skills session sheet, having 7 days and a minimum of a session a day, training fitness as well as skill. Paragraph format. Tuesday/ Wed lesson
3. Complete the descriptions of the types of practice in the pink booklet page 16 -18. Monday
4. Complete pages 14-17 of the pink booklet for Tue/ Wed lesson
5. Complete a movement analysis on your own sport. Using a picture analyse three joints. State the bones, joints, muscles, type of plane, type of contraction, type of movement. Muscle twitch fibre.