# Paper 2: Classification of skills

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!

Agree .... Disagree

There are seven days in one week

If I toss a coin it will land on heads

Rugby union is better than rugby league
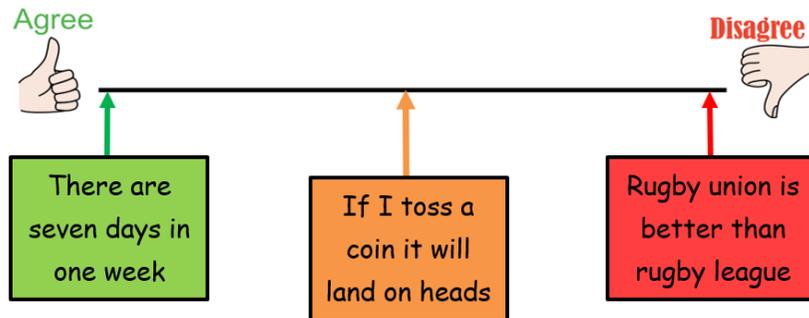
We need to know four continua (continua = more than 1 continuum)

Open ————————— Closed
Basic ————————— Complex
Self-Paced ————————— Externally Paced
Gross ————————— Fine
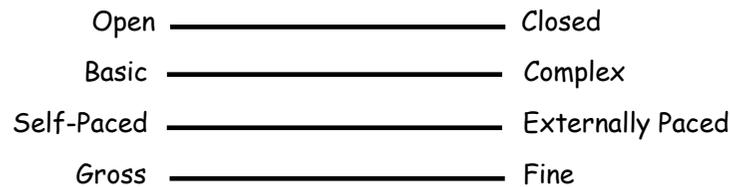
	Open Skills	Closed Skills
Description	Open skills **ARE** affected by their surrounding environment. Extreme open skills need to be constantly adapted by the performer as situations change around them. Conditions are unstable and **UNLIKELY** to be the same each time a skill is performed	Closed skills 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	Football Pass Hockey Dribble	Gymnastic Vault Penalty Kick

	Basic 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	Running Swimming	Rock Climbing Overhead Kick

	Self-Paced Skills	Externally Paced Skills
Description	The skill is started when the performer decides to; The performer controls the speed, rate and pace of the skill	The skill is started by an external factor; External factors such as an opponent control the speed, rate or pace of the skill
Example of the skills	Tennis Serve Weight Lifting	Penalty Save Tennis Return

	Gross Skills	Fine Skills
Description	Skills are big, strong, powerful movements; They involve large muscle groups to perform	Skills are small and precise movements, showing high levels of accuracy and coordination; They involve small muscle groups
Example of the skills	Rugby Tackle Shot-Put	Archery Golf Putting