GCSE PE Learning Journey: Component 2 - Topic 2.1: Classification of skills; Topic 2.3: Guidance and Feedback on Performance; Topic 2.4: Mental **Preparation for Performance**



Step 7: Mental preparation

For performance: Warm up and mental rehearsal



Intrinsic, extrinsic, concurrent, terminal; and how they are used to optimise performance

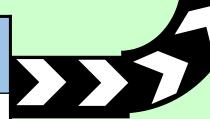
Step 4: Types of guidance

Visual, verbal, manual and mechanical; and how they are used to optimise performance



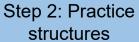
Step 5: Advantages and disadvantages of each type of guidance

And their appropriateness in a variety of sporting contexts when used with performers of differing skill levels

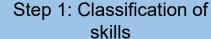


Step 3: Application of knowledge

To select the most relevant practice to develop skills



Massed, distributed, fixed and variable



Using open-close, basiccomplex and low-high organisation continua













COLLEGE