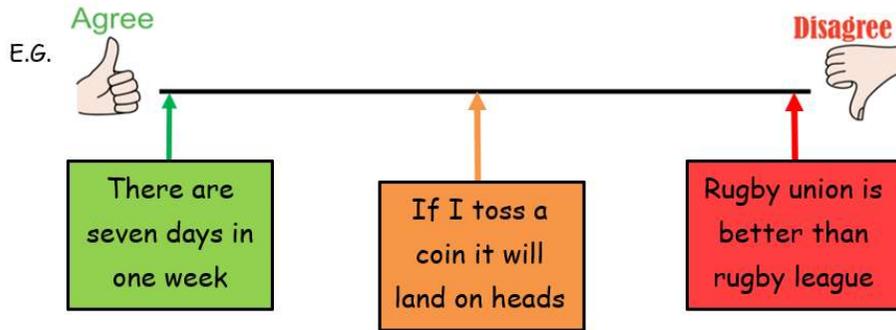


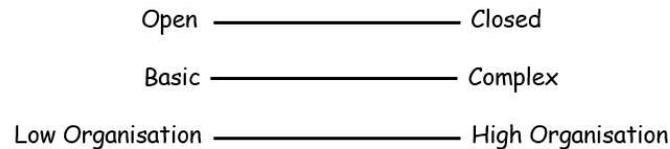
# Component 2 Classification of Skills

## 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!



We need to know three continua (continua = more than 1 continuum)



## Open and closed skills

	Open Skills	Closed Skills
Description	<p>Open skills <b>ARE</b> affected by their surrounding environment.</p> <p>Extreme open skills need to be constantly adapted by the performer as situations change around them.</p> <p>Conditions are unstable and <b>UNLIKELY</b> to be the same each time a skill is performed</p>	<p>Closed skills are <b>NOT</b> affected by their surrounding environment.</p> <p>Extreme closed skills don't need to be constantly adapted by the performer as situations around them are stable.</p> <p>Conditions are <b>LIKELY</b> to be the same each time a skill is performed</p>
Example of the skills	<ul style="list-style-type: none"> <li>Dribbling in football</li> <li>Passing in basketball</li> <li>Tackling in rugby</li> <li>Shooting in hockey</li> </ul> 	<ul style="list-style-type: none"> <li>Penalty in football</li> <li>Gymnastics vault</li> <li>Tennis serve</li> <li>Free shot in basketball</li> </ul> 

## Low organisation and high organisation skills

	Low organisation Skills	High organisation skills
Description	<p>Are easy to do</p> <p>Have clear separate phases</p> <p>Easy to break down and practice</p>	<p>Are hard to do</p> <p>Have phases that are not clear</p> <p>Hard to break down and practice</p>
Example of the skills	<ul style="list-style-type: none"> <li>Tennis serve</li> <li>Triple jump</li> <li>Back hand push shot</li> <li>Batting in rounders</li> </ul> 	<ul style="list-style-type: none"> <li>Golf swing</li> <li>Tumbling in gymnastics</li> <li>10m high dive</li> </ul> 

## Basic (simple) and complex skills

	Basic/Simple Skills	Complex Skills
Description	<p>Are simple to perform</p> <p>Requires little thought</p> <p>Don't need much information to be processed</p> <p>Requires little decision making</p>	<p>Are difficult to perform</p> <p>Requires thought and concentration</p> <p>Require a lot of information to be processed</p> <p>Requires a lot of decision making</p>
Example of the skills	<ul style="list-style-type: none"> <li>Running</li> <li>Cycling</li> <li>Swimming</li> <li>Chest pass in netball</li> </ul> 	<ul style="list-style-type: none"> <li>Lay-up shot in basketball</li> <li>Rock climbing</li> <li>Overhead kick in football</li> <li>Backhand smash (badminton)</li> </ul> 