

Yr 13 A Level PE Assessment Manifest – Paper 2

Skill Acquisition	R	A	G
<p>Be able to describe the 6 classification continuums with examples. Justification of placement of skills on continua:</p> <ul style="list-style-type: none"> • difficulty (simple/complex) • environmental influence (open/closed) • pacing (self-paced/externally paced) • muscular involvement (gross/fine) • continuity (discrete/serial/continuous) • organisation (low/high). 			
<p>Be able to describe the characteristics and uses of each Type of Practice. Also, need to justify types of practice in relation to performers:</p> <ul style="list-style-type: none"> • part practice • whole practice • whole/part-whole practice • progressive/part practice • massed practice • distributed practice • fixed practice • varied practice. 			
<p>To be able to describe the types of transfer. Apply the types to different sporting examples:</p> <ul style="list-style-type: none"> • positive • negative 			

<ul style="list-style-type: none"> • proactive • retroactive • bilateral <p>Know and understand the ways of optimising the effect of positive transfer</p> <p>Know and understand the ways of limiting the effect of negative transfer</p>			
<p>To be able to describe and evaluate the theories of learning:</p> <ul style="list-style-type: none"> • operant conditioning • cognitive theory of learning • Bandura’s theory of social/observational learning. 			
<p>To be able to describe characteristics of the stages of learning. Also, apply the stages in a range of sporting scenarios:</p> <ul style="list-style-type: none"> • cognitive • associative • autonomous. 			
<p>To be able to describe the types and uses of guidance, applying to a range of sporting examples:</p> <ul style="list-style-type: none"> • verbal guidance • visual guidance • manual guidance • mechanical guidance <p>Advantages and Disadvantages of using each type of guidance.</p>			
<p>To be able to describe the types and uses of feedback, applying to a range of sporting examples:</p> <ul style="list-style-type: none"> • intrinsic • extrinsic • positive 			

<ul style="list-style-type: none"> • negative • knowledge of performance • knowledge of results <p>Advantages and Disadvantages of using each type of feedback</p>			
<p>To be able to describe the two memory models:</p> <p>Atkinson and Shiffren’s multi-store memory model including the use of selective attention</p> <p>Craik and Lockhart’s levels of processing model</p> <p>Be able to relate both models to learning and performing physical activity skills.</p>			