

# Year 9 Keywords:

## Autumn 1

### Guidance and Feedback

**Students to begin to understand different ways we can teach a skill and how to provide feedback in order to achieve a positive outcome.**

<b>Keyword</b>	<b>Definition</b>
<b>Visual Guidance</b>	<b>A learner watches or sees what needs to be done to build a mental picture of the skill.</b>
<b>Verbal Guidance</b>	<b>Used to describe an action and explain how to perform an activity/ skill.</b>
<b>Manual Guidance</b>	<b>Physically supporting or physically moving an individual person into a position.</b>
<b>Mechanical Guidance</b>	<b>Physical support by equipment or learning aid.</b>
<b>Intrinsic Feedback</b>	<b>This type of feedback happens within the performer. E.g. Basketball player who knows their 3 point shot is going in before the ball gets to the basket.</b>
<b>Extrinsic Feedback</b>	<b>This feedback comes from external sources. E.g a footballer seeing that their penalty kick was successful as it hits the back of the net.</b>
<b>Knowledge of Performance</b>	<b>It provides information about the pattern of movement/technique(s) that is taking place.</b>
<b>Knowledge of Results</b>	<b>Feedback regarding the end result or score of a game.</b>
<b>Positive Feedback</b>	<b>Feedback regarding information which the performer done well on.</b>
<b>Negative Feedback</b>	<b>Feedback regarding information which the performer needs to improve on.</b>

# Year 9 Keywords:

## Autumn 2

### Skill Classification

The students will be learning how a successful skill can be described and therefore will be able to identify them in lesson. Additionally the students will be able to identify what type of skill they are completing.

<b>Keyword</b>	<b>Definition</b>
<b>Efficient</b>	No wasted effort in the movement. e.g. a serve in tennis - economy of effort or no waste of effort or little energy used or doesn't waste time.
<b>Pre-determined</b>	The performer knows what they are doing and what they are trying to achieve. e.g. a gymnast knows their routine – they know clearly what movements they are going to do.
<b>Co-ordinated</b>	All the parts (or subroutines) of the skill are linked together seamlessly. e.g. basketball player doing a lay up – combines run up with the shot or two or more movements done at the same time.
<b>Fluent</b>	e.g. a batsman in cricket hits a shot with correct timing and technique/flow / smoothly.
<b>Aesthetic</b>	The performer knows what they are doing and what they are trying to achieve. e.g. a gymnast knows their routine – they know clearly what movements they are going to do.
<b>Open Skill</b>	Skill performed in unstable and changing environment. This is affected by other people around you.
<b>Closed Skill</b>	Performed in a stable environment and is not affected by the environment.
<b>Simple Skill</b>	A skill with few decisions to be made.
<b>Complex Skill</b>	A skill with lots of decisions to be made.