

Exam questions

Skill Classification

1. Which one of the following is an open skill? (1mark)
 - a) Penalty flick in hockey
 - b) Vault in gymnastics
 - c) Receiving a serve in tennis
 - d) Serve in badminton

 2. Define the term closed skill. (1mark)

 3. A vault in gymnastics is an example of a closed skill, briefly explain why it falls into this classification. (3marks)

 4. Using a sport of your choice, provide two examples of a complex skill. (2)

 5. Explain the difference between low organisation and high organisation skills, give a definition for each. (4)

 6. Write where you think each skill best fits on the continuum
- A break in snooker
- A diving catch in cricket
- A backhand return in tennis
- A forward roll in gymnastics
- A penalty kick in football
- A free throw in basketball
- A discus throw
- A serve in badminton
4. State why a golf swing is seen as a complex, high organisation skill (3)

Open

Closed

Practice Structures

1. **Explain** one advantage and one disadvantage of massed practice (3) – LO2

Keywords: Grooved Skill repetition tiring rest

2. **Explain** why a coach may use distributed practice with their performers when they are learning to use the rings in gymnastics (3) – LO2

“The task is _____ and could be _____. This is because...”

Keywords: Tired injury Rest Mistakes Complex

3. **Explain** when distributed practice would be used (4) LO2

Keywords: Young children Boredom Motivation Beginner Complex

4. Explain which type of practice structure you would use for the golfer in Figure 2 (3 Marks)

