Task 1: Identify each of the definitions as “Skill” or “Ability”.

“An _____ or way of behaving that can be	“It is something a person is _____ with, that they

Task 2: Match the Skill classifications with the definitions.

Simple skills that are quick to learn and require minimal coordination.			Takes a long time to learn and involves high levels of coordination.
Skills that are affected by external factors (the environment).			Skills that are not affected by external factors. Can be performed the same way.
Skills that are started when the performer wishes to start them.			Skills that the performer starts after reacting to an external factor.
Using large muscle groups to perform large, powerful movements.			Using small muscle groups for small precise movements for accuracy.

Task 3: Identify the skill classifications for the skills below.

Tennis Serve

☐ Basic ☐ Self Paced
☐ Complex ☐ Externally Paced

☐ Fine ☐ Open
☐ Gross ☐ Closed

Rugby Tackle

☐ Basic ☐ Self Paced
☐ Complex ☐ Externally Paced

☐ Fine ☐ Open
☐ Gross ☐ Closed

Golf Putt

☐ Basic ☐ Self Paced
☐ Complex ☐ Externally Paced

☐ Fine ☐ Open
☐ Gross ☐ Closed

Task 4: Justify the skills classifications for a penalty save in football.

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Task 5: AQA Exam Questions **HERE**