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##### Question/Answer Booklet

Name:

PHYSICAL EDUCATION STUDIES

**PES General March 2018 Test 1: Strategies and tactics & Motor Learning and Coaching**

Working time for paper: 45 mins

###### *To be provided by the candidate*

Standard items: pens, pencils, eraser, correction fluid, ruler, highlighter

This paper consists of:

|  |  |  |
| --- | --- | --- |
| Questions | Number of questions available | Marks available |
| 1 | 1 | 10 |
| 2 | 3 | 5 |
| 3 | 2 | 6 |
| 4 | 2 | 4 |
| 5 | 1 | 4 |
| 6 | 1 | 9 |
| 7 | 2 | 5 |
| 8 | 2 | 10 |
| 9 | 1 | 5 |
|  |  | 58 |

1. **Study the table of sports classifications and provide either an example of a sport or the correct classification for the missing letters A-J. Place your answers in the spaces provided under the table.**

**(10)**

|  |  |  |
| --- | --- | --- |
| **Activity Type** | **Classification Type (choose either Direct or Indirect Interceptive or Performance Games** | **Examples** |
| Invasion Games | A | AFL, Basketball, Netball, Rugby, Lacrosse, B Water Polo |
| C |  | Badminton, Volleyball, Tennis, |
| Striking/Fielding Games | D | Cricket, Softball, Baseball |
| Target Games |  | Golf, E |
| Athletic Activities | F | Track and Field, G , Triathlon, Cycling, Walking, Surf Lifesaving, Speed Skating |
| Water-based Activities |  | Kayaking, Water Skiing, Windsurfing, Surfing, H |
| I |  | Gymnastics, Trampolining, Synchronised Swimming, Diving, Skateboarding, Skating |
| Martial Arts | J | Judo, Karate, Tae Kwon Do, MMA |

A B

C D

E F

G H

I J

1. **Provide definitions of the following 3 concepts. What is a …….**

a) Skill: **(1)**

b) Tactic: **(2)**

c) Strategy **(2)**

1. **a) In the sport of Badminton, explain how in a game of doubles a team can effectively use tactics and strategies to gain advantage during a game? Give an example of a strategy and tactic within your explanation.**

**(2)**

**b) When choosing a badminton related tactic to use in a match, explain why the following are important to consider.**

Fitness: **(2)**

Skill: **(2)**

1. **a) With reference to motor learning and coaching what are the two basic categories of skill**? **(2)**
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**b) Give an example of each of these categories of skill. (2)**



2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **The learning process occurs in a sequence or process which can be understood using the Information Processing Model. Name the 4 stages of the information processing model in the order they occur. (4)**
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. **Name in order and explain each phase in learning motor skills. (9)**
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. **a) When a coach teaches a skill there is a four step process they should follow namely an Introduction, Demonstration, Opportunity to practice and Feedback. What 3 things should a coach do to ensure they have given a good demonstration? (3)**

1. **What is the purpose of an observation schedule? (2)**

1. **a) Movement and Motor Skills are classified according to 5 elements. Match up the list of skill descriptors with the correct classification system. You need only write the correct number with the correct letter below the table.**

**(5)**

|  |  |
| --- | --- |
| **Element** | **Skill Descriptor** |
| A) Pacing | 1. Gross and fine motor skills |
| B) Environmental Impact | 2. Discrete, serial and continuous |
| C) Muscle Involvement | 3. Self-paced and externally paced |
| D) Complexity | 4. Closed and Open |
| E) Continuity | 5. Simple and Complex |

A) B)

C) D)

E)

1. **Give one sporting example of the following skills. (5)**

|  |  |
| --- | --- |
| Fine motor skills: |  |
| Continues skills: |  |
| Externally paced skills: |  |
| Closed skills: |  |
| Complex skills: |  |

1. **Consider the 10 fitness components necessary to train for skill development. Complete the list below, name the remaining components of fitness** **(5)**
   * + 1. Reaction time
       2. Muscular Strength
       3. Power
       4. Agility
       5. Cardiorespiratory Endurance
       6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
       7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
       8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
       9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
       10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_