TEL PE Revision

Revision Series 2022

OCR A-Level Physical Education

Skill Acquisition

• Notes pages •

The EverLearner

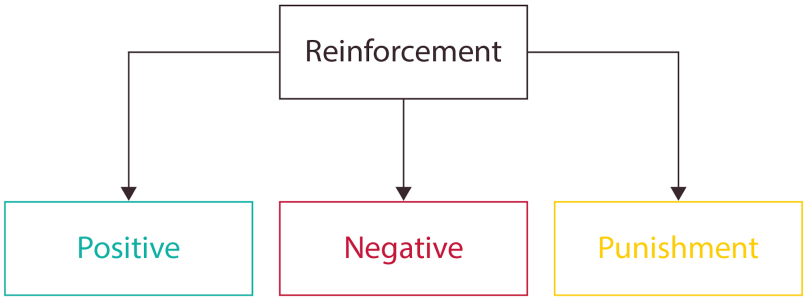
Welcome to the 2022 Revision Series for OCR A-Level Physical Education! We hope you find it useful. Before we start, please make sure you have all of the documents below, as they will be great help for your revision:

- Notes pages
- Practice questions
- Mark schemes
- Model answers
- Infographics
- Revision timetable

You will find all these documents on our OCR A-Level PE Revision page (https://pages.theeverlearner.com/2022-ocr-a-level-pe-revision).

S-R

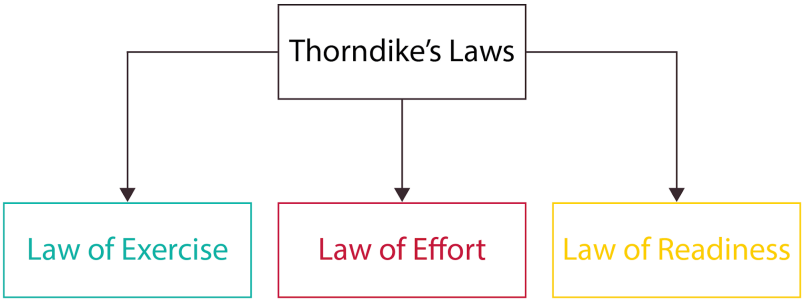
Reinforcement



Notes

Notes

Thorndike's Laws



1. Coach presents a problem:

"In this practice match, I want you to prevent all first-run progression to second base."

4. Performers broaden the solution:

- Schema
- Comparison
- Intervening variables
- Previous experiences

2. Performers solve the problem:

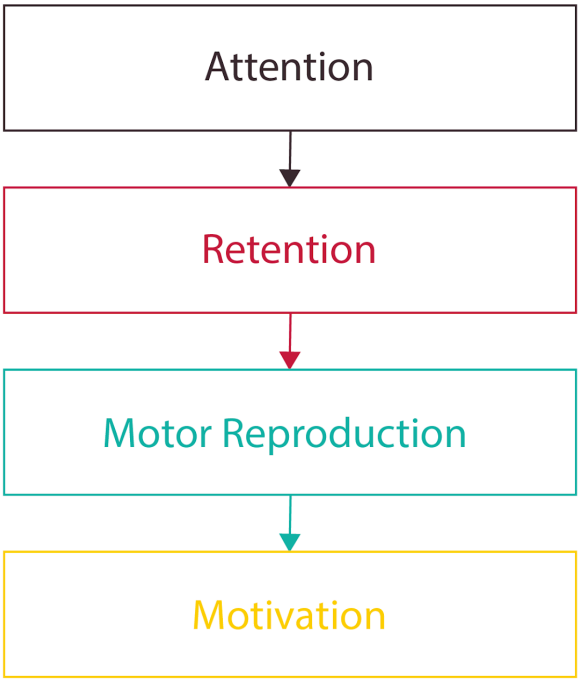
- Insight
- Perception
- Intervening variables
- Previous experiences

3. Coach introduces variation:

- Power hitters/base stealers/Left-handers

Notes

Observational Learning



Notes

Guidance

Visual guidance

Positive

- Develops a mental image
- Good for cognitive-stage learners
- Allows the coach to "cue"
- Slow motion helps understanding
- Can see the skill in different stages
- Gives an understanding of the movement requirements
- Can be used for error detection
- Encourages observational learning
- More effective if the demonstrator is a role model

Negative

- Demo could be incorrect
- Demo may be too quick
- Images don't show how a movement is produced
- Slow motion can be unclear

Notes

Verbal guidance

Coaching points

Instructions

Tactical info

Team talks

Q&A sessions

- Positive
  - Good for autonomous-stage learners
  - Can be direct/clear/quick
  - Can motivate
  - Gives confidence
  - Can hold attention/ Focus attention
  - Questioning can lead to learning
  - Useful to explain how to produce the movement
  - Can refine skills during performance
  - Good for simple skills
- Negative
  - Inaccurate info can lead to errors
  - Too much info leads to overload
  - Ineffective with beginners
  - Can be boring
  - Can be confusing
  - Some movements are hard to explain

Notes

Manual guidance

Coach physically aids the performance

Physically manipulates

Spotting in gymnastics

Handholds in trampolining

Positive

- Provides kinesthesis to cognitive-stage learners
- Increases safety
- Increases confidence
- Performer can experience the full range of movement
- Good for individual coaching

Negative

- Not effective for groups
- Does not create a mental picture
- Permission required

Notes

Mechanical guidance

Use of aids to improve the learning of a skill

Stabilisers

Bowling/serving machines

Armbands

Harness

Floats

Positive

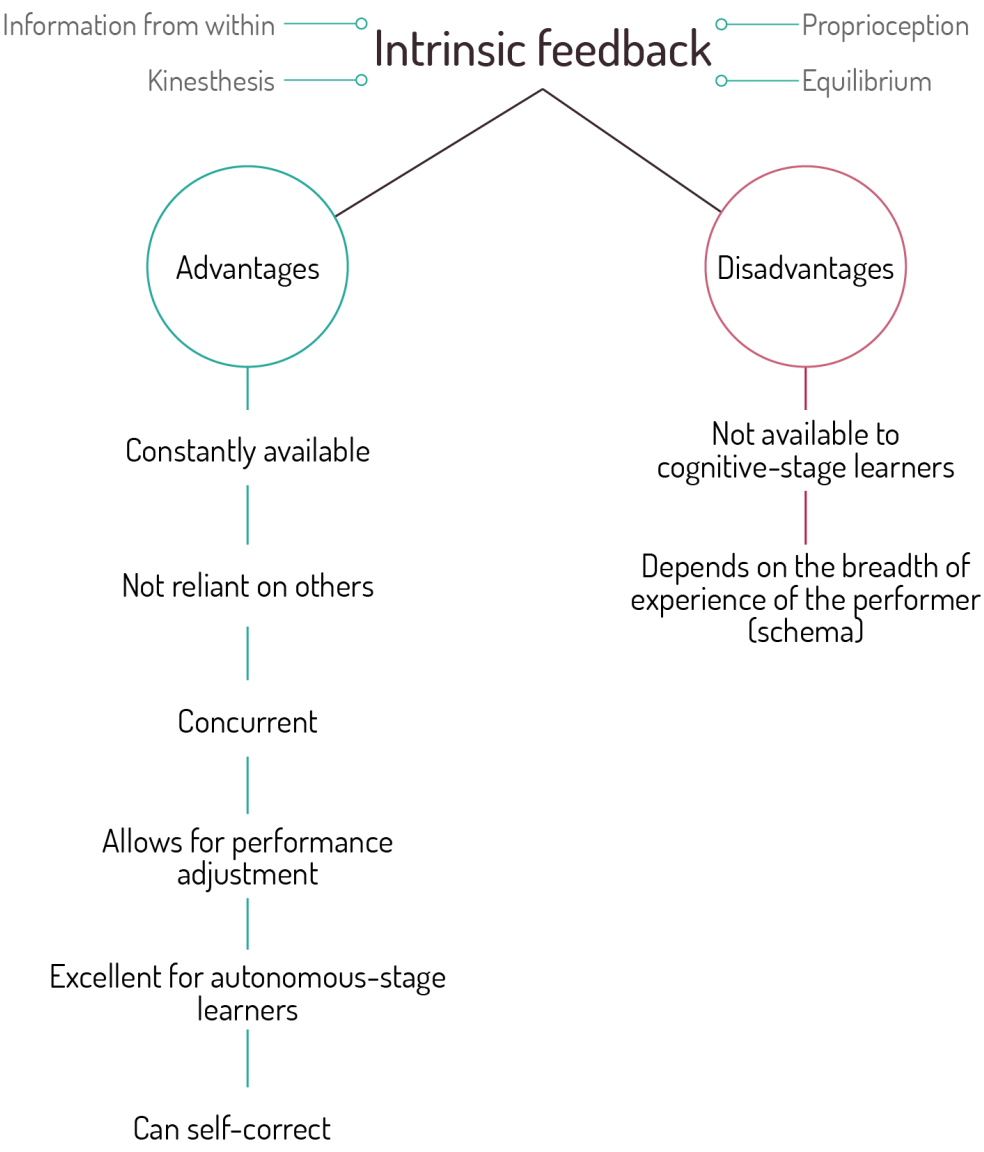
- Increases safety
- Can allow learners to experience advanced skills earlier
- Very useful for closed skills

Negative

- Can lead to over-reliance
- Expensive/elitist/exclusive
- May prevent experience of the real thing
- Not suitable for open skills

Notes

Feedback



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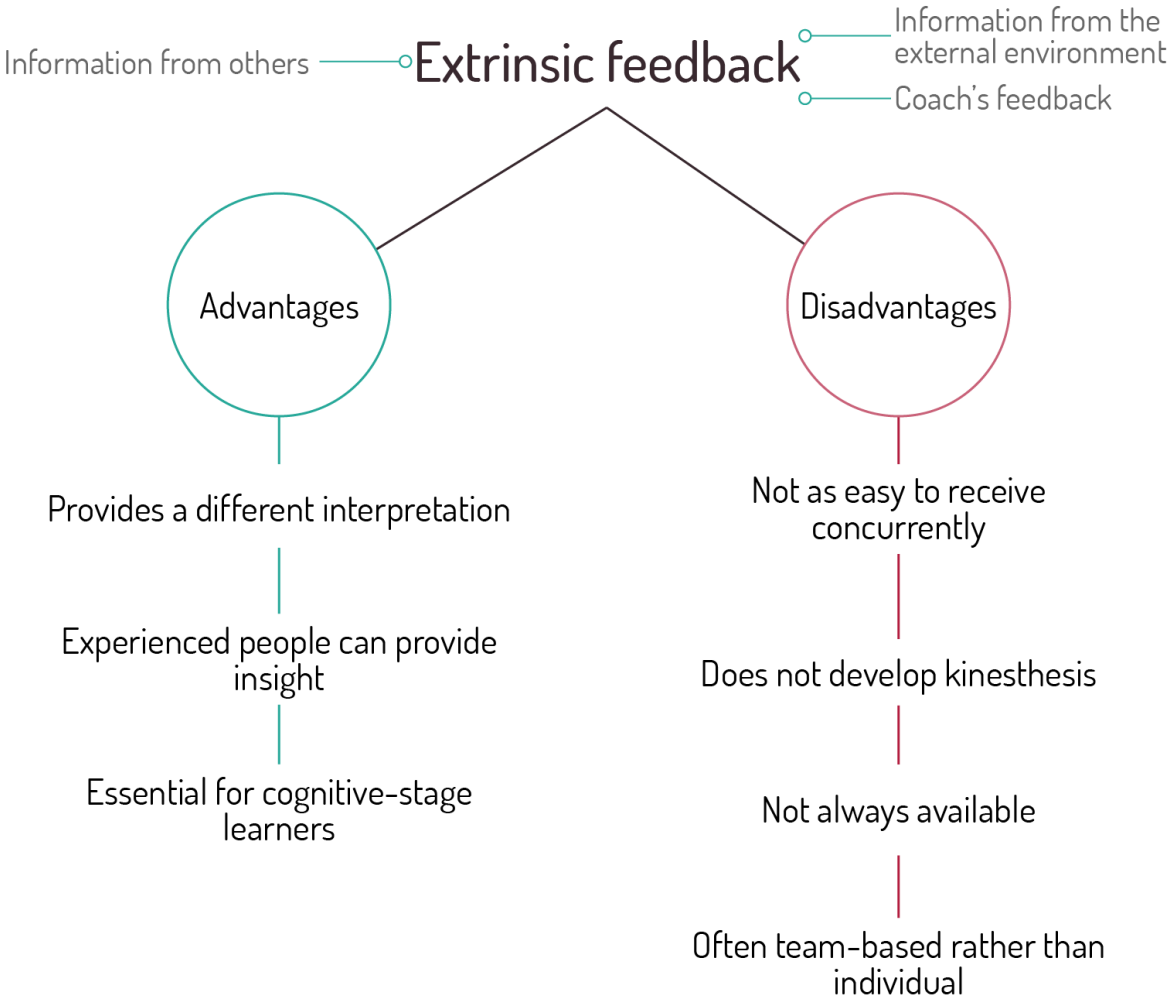
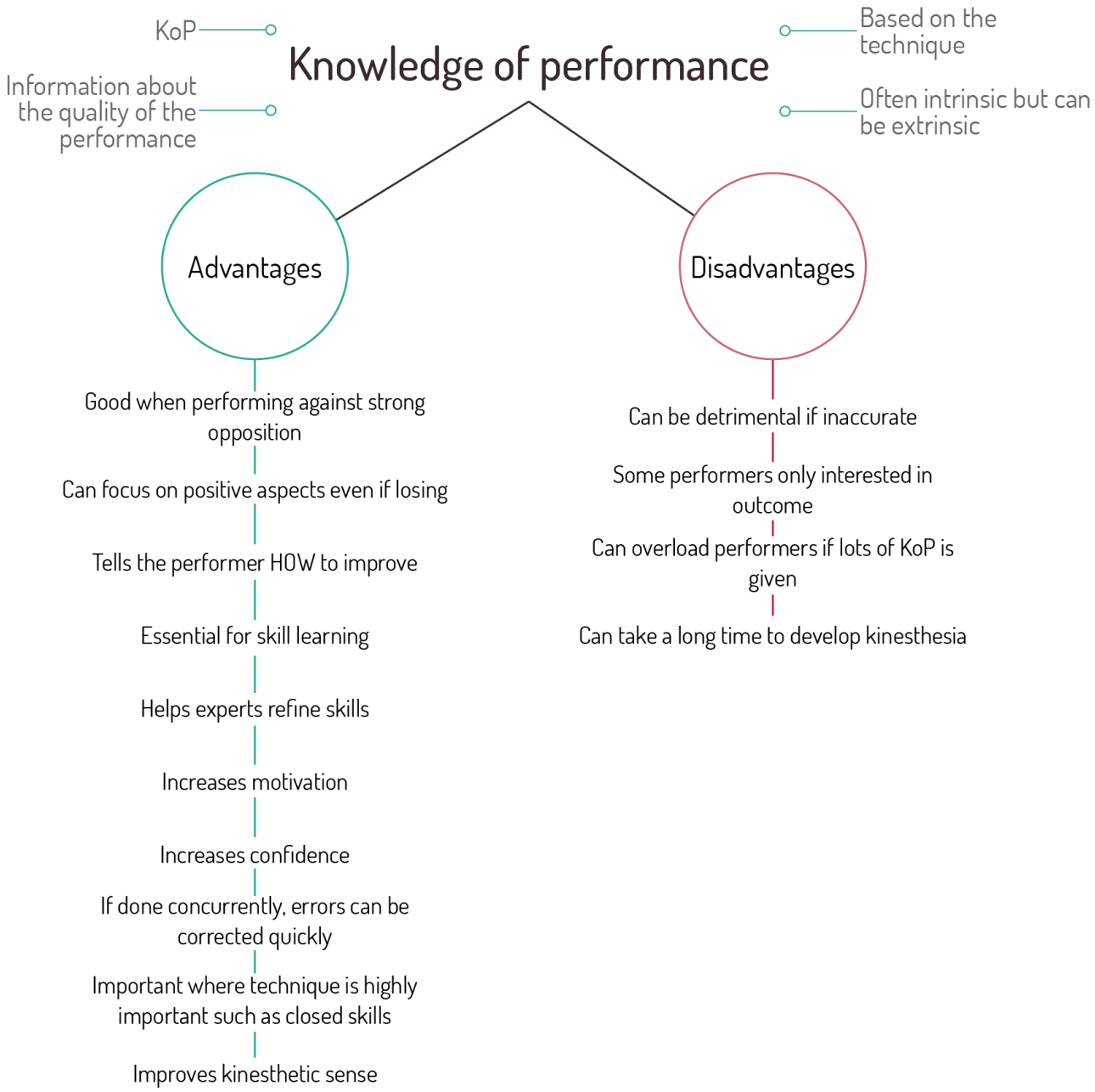
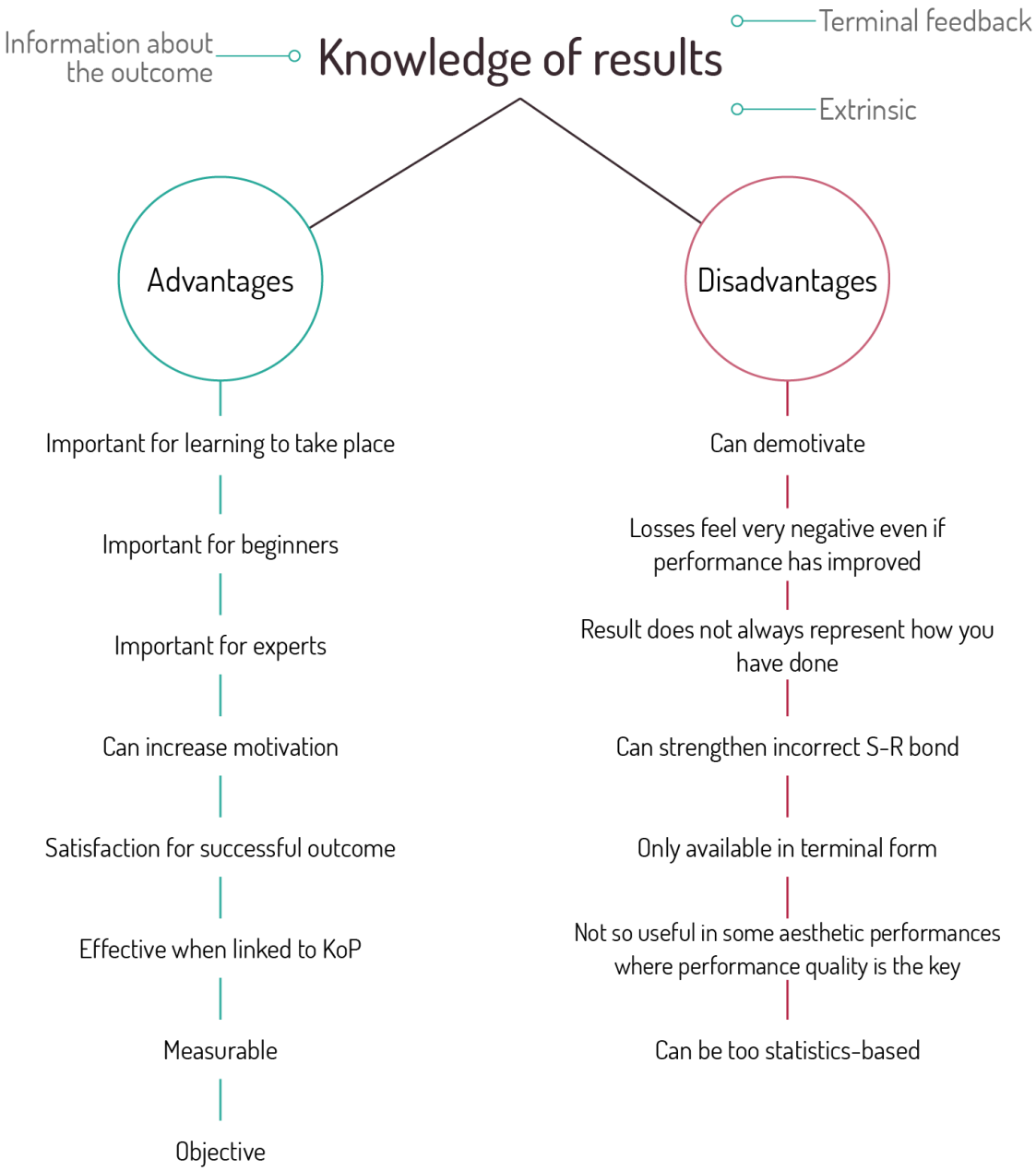

Information from others
Extrinsic feedback
Information from the external environment
Coach's feedback
Advantages
Disadvantages
Provides a different interpretation
Experienced people can provide insight
Essential for cognitive-stage learners
Not as easy to receive concurrently
Does not develop kinesthesis
Not always available
Often team-based rather than individual

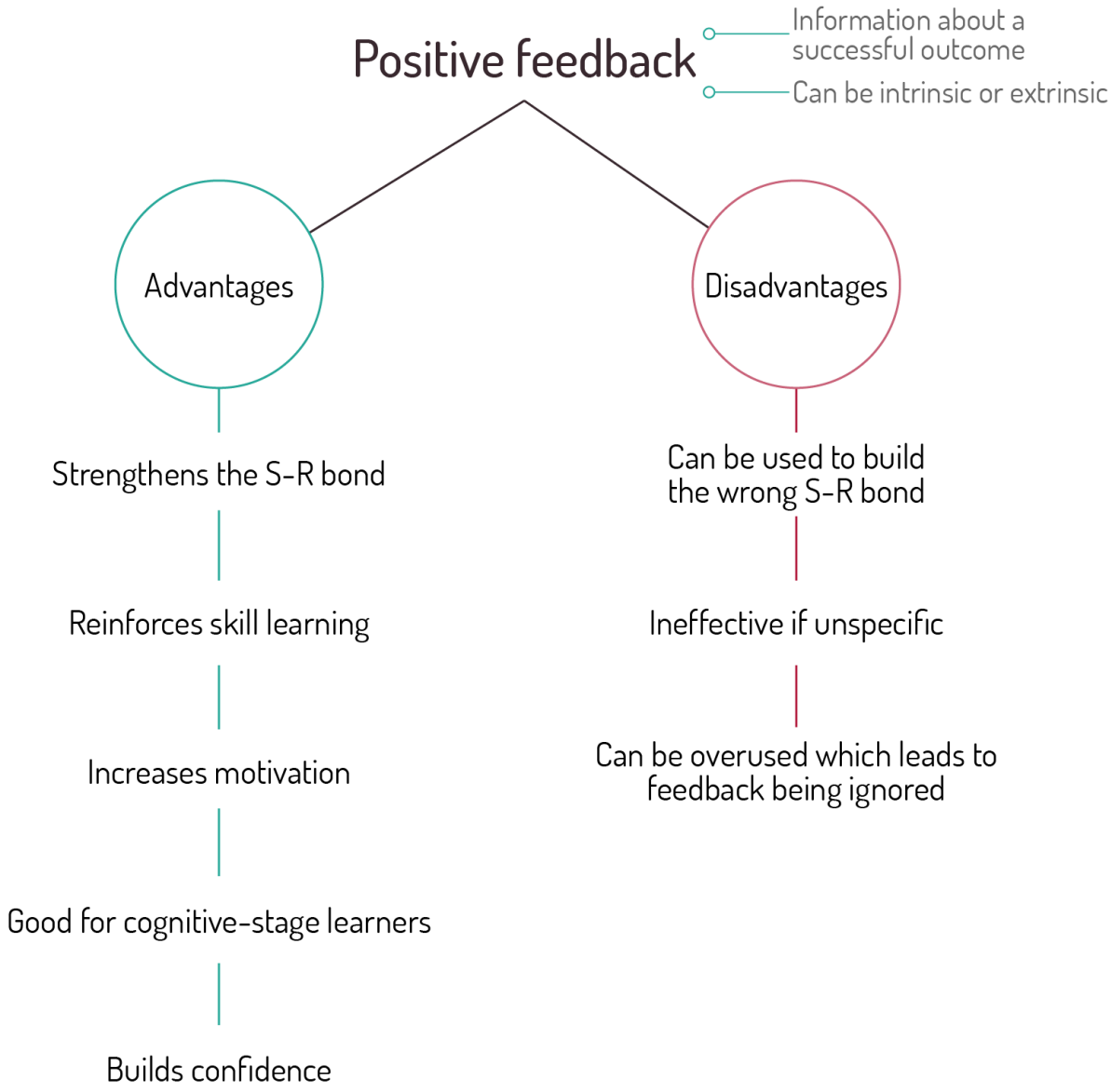
Notes


KoP
Information about the quality of the performance
Knowledge of performance
Based on the technique
Often intrinsic but can be extrinsic
Advantages
Disadvantages
Good when performing against strong opposition
Can focus on positive aspects even if losing
Tells the performer HOW to improve
Essential for skill learning
Helps experts refine skills
Increases motivation
Increases confidence
If done concurrently, errors can be corrected quickly
Important where technique is highly important such as closed skills
Improves kinesthetic sense
Can be detrimental if inaccurate
Some performers only interested in outcome
Can overload performers if lots of KoP is given
Can take a long time to develop kinesthesia

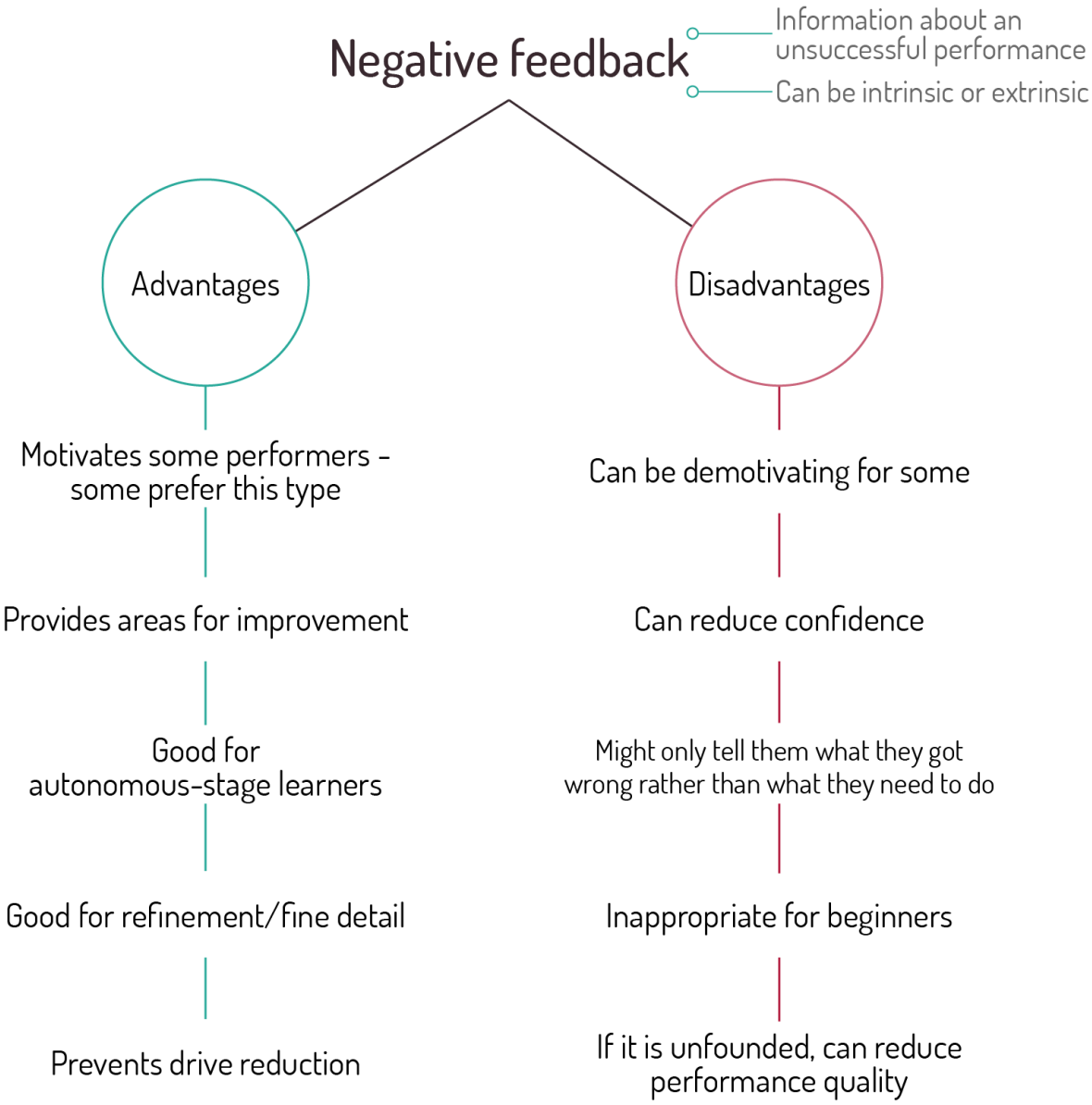
Notes


Information about the outcome
Knowledge of results
Terminal feedback
Extrinsic
Advantages
Disadvantages
Important for learning to take place
Important for beginners
Important for experts
Can increase motivation
Satisfaction for successful outcome
Effective when linked to KoP
Measurable
Objective
Can demotivate
Losses feel very negative even if performance has improved
Result does not always represent how you have done
Can strengthen incorrect S-R bond
Only available in terminal form
Not so useful in some aesthetic performances where performance quality is the key
Can be too statistics-based

Notes


Positive feedback
Information about a successful outcome
Can be intrinsic or extrinsic
Advantages
Disadvantages
Strengthens the S-R bond
Reinforces skill learning
Increases motivation
Good for cognitive-stage learners
Builds confidence
Can be used to build the wrong S-R bond
Ineffective if unspecific
Can be overused which leads to feedback being ignored

Notes


Negative feedback
Information about an unsuccessful performance
Can be intrinsic or extrinsic
Advantages
Disadvantages
Motivates some performers - some prefer this type
Provides areas for improvement
Good for autonomous-stage learners
Good for refinement/fine detail
Prevents drive reduction
Can be demotivating for some
Can reduce confidence
Might only tell them what they got wrong rather than what they need to do
Inappropriate for beginners
If it is unfounded, can reduce performance quality

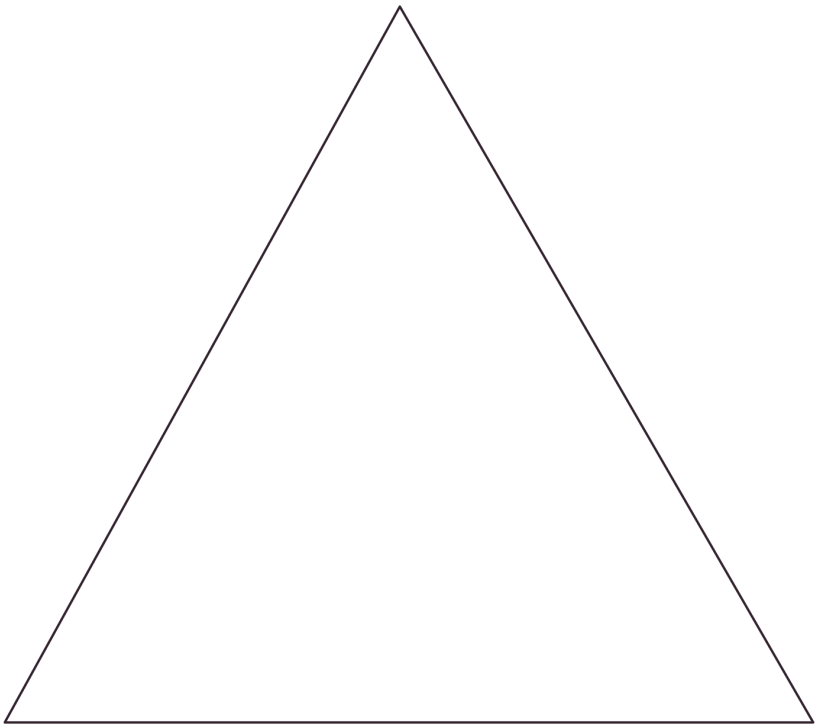
Notes

Memory models

Multi-store Memory Model

Notes

Craik and Lockhart's levels of processing



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