



Revision Series 2022

AQA A-Level Physical Education

Skill Acquisition

◆ Notes pages ◆



The EverLearner

Welcome to the 2022 Revision Series for AQA 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 [AQA A-Level PE Revision page](https://pages.theeverlearner.com/2022-aqa-a-level-pe-revision) (<https://pages.theeverlearner.com/2022-aqa-a-level-pe-revision>).

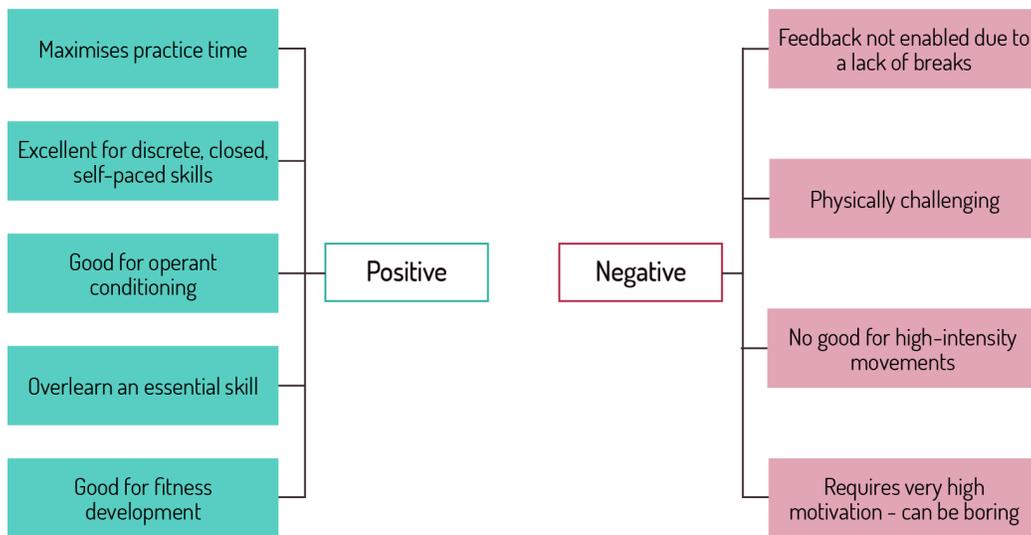


# Types of practice

## Massed practice



Repeated trials of the skill with no breaks in between



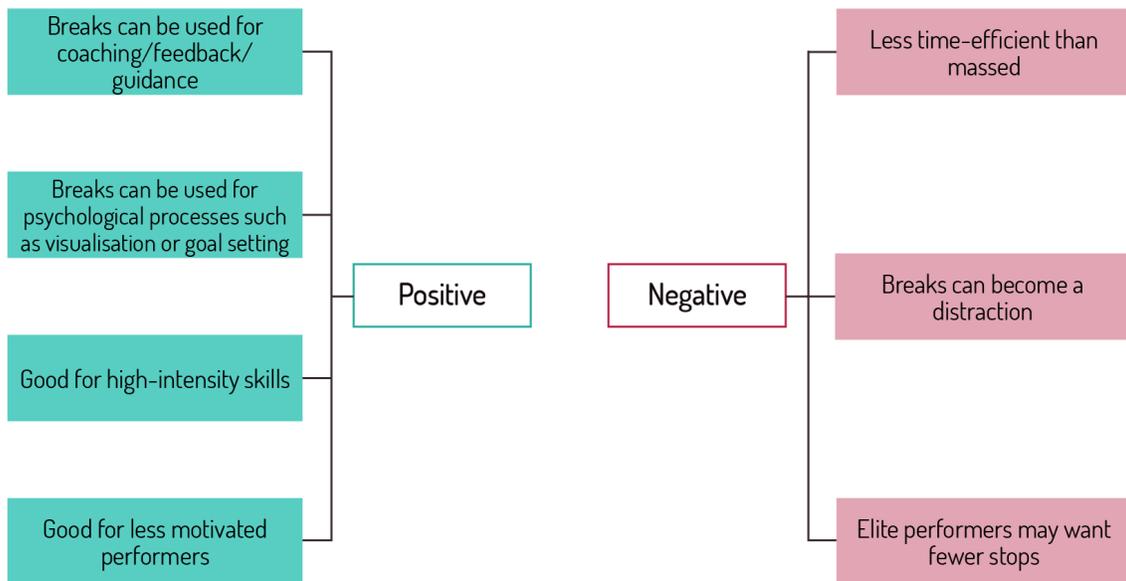
Notes



# Distributed practice



The inclusion of breaks between trials



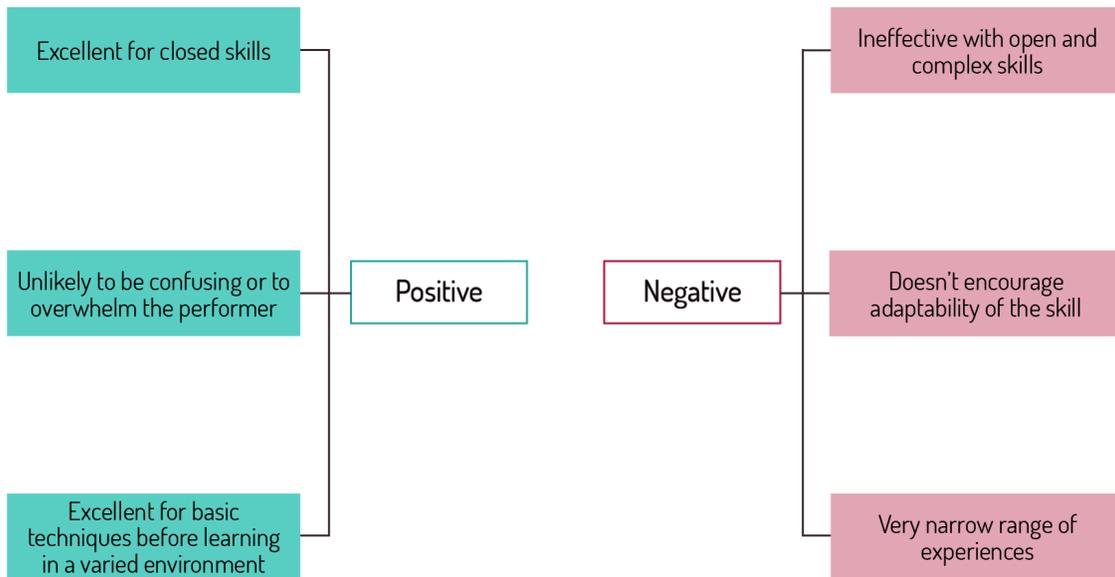
Notes



# Fixed practice



- Stable, predictable practice
- Practice conditions remain unchanging



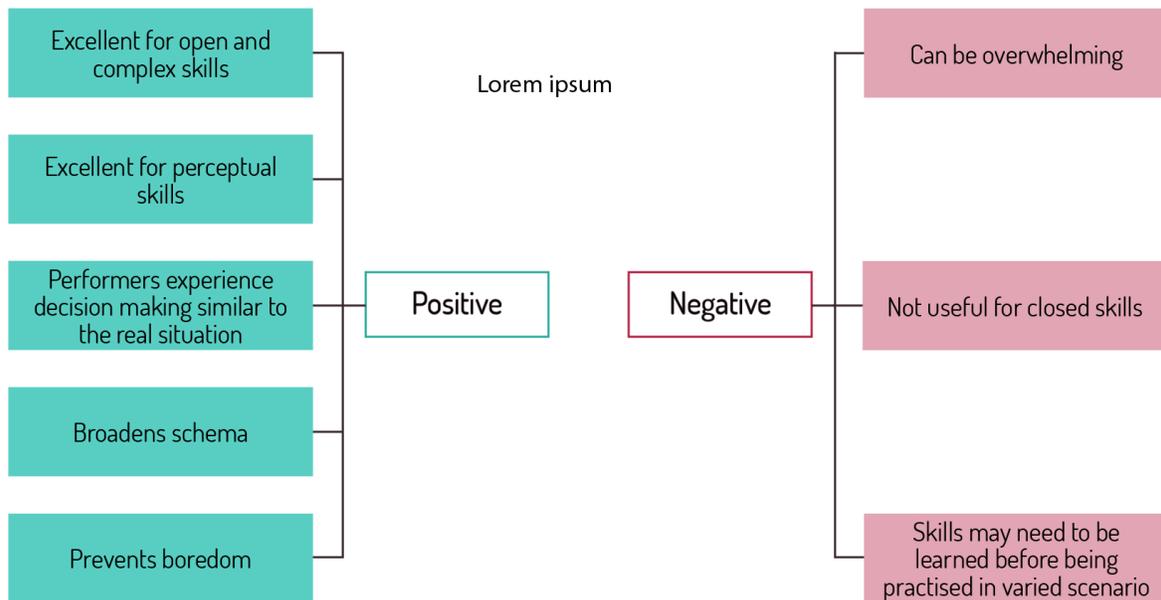
Notes



# Variable practice



- Skill practised in a changing environment
- Skills need to adapted

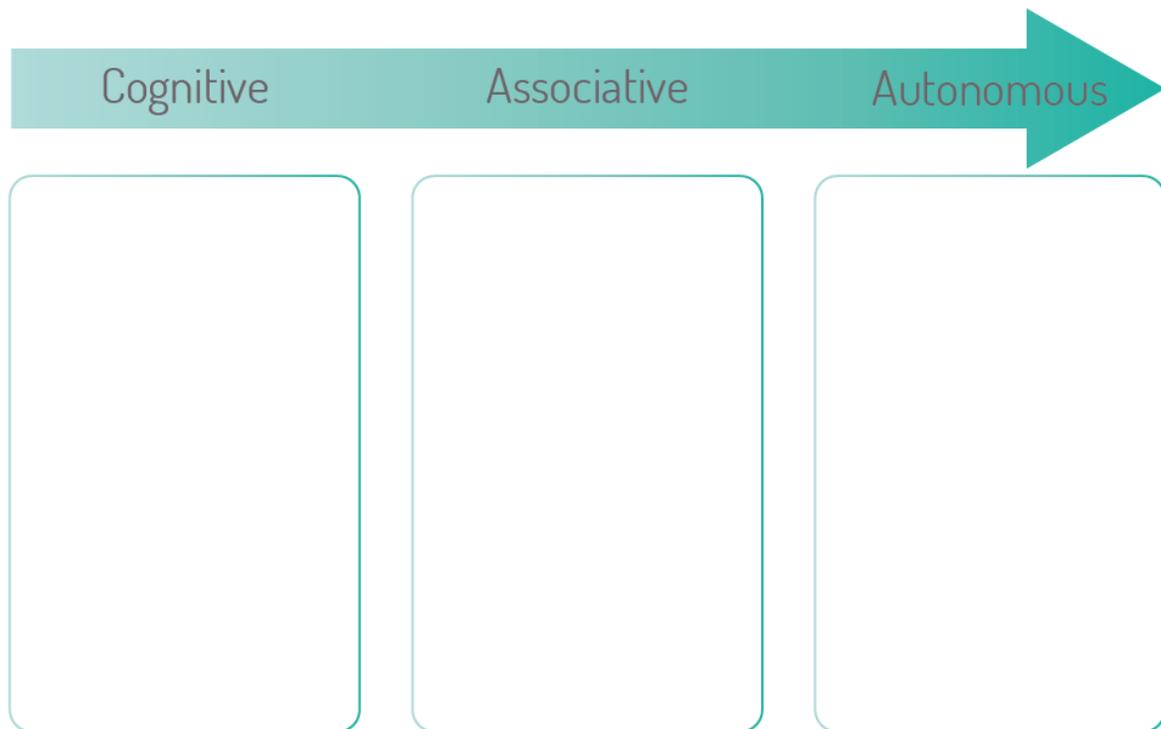


Notes



# Stages of learning and feedback

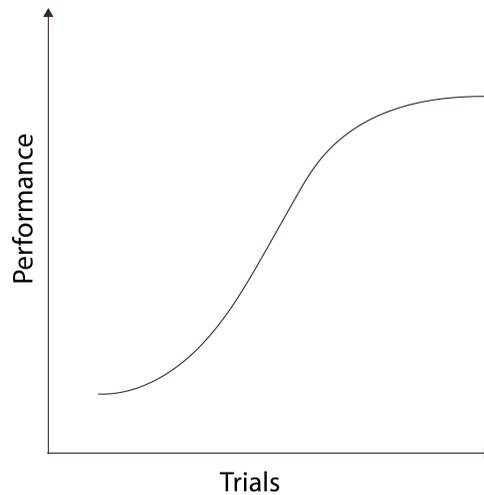
## Stages of learning



Notes



# Learning plateau



Learning plateau	
Causes	Solutions/Shortening/Preventing
<ul style="list-style-type: none"> <li>● Performer not physically capable</li> <li>● Task too difficult</li> <li>● Goals not achievable/realistic</li> <li>● Performer lacks skill ability</li> <li>● Reached full potential</li> <li>● Fatigue/lack of fitness</li> <li>● Mental model of skill not fully formed</li> <li>● Boredom/tedium/lack of motivation</li> <li>● Poor quality coaching/teaching</li> </ul>	<ul style="list-style-type: none"> <li>● Introduce difficult tasks after mastering easier tasks</li> <li>● Set achievable goals</li> <li>● Set individual rather than team goals</li> <li>● Improve physical fitness</li> <li>● Use drive reduction theory to set appropriate goals</li> <li>● Ensure coaching is high quality</li> <li>● Use demonstrations to provide mental model</li> <li>● Use whole/part/whole</li> <li>● Correct errors in subroutines</li> </ul>

Notes



## Importance of goal setting

Process goal	Performance goal	Outcome goal
Technique-based	Personal best	Usually long term
No social comparison	Personal standard	End result
Internal unstable attribution	No social comparison	Winning/losing
Highly controllable	Largely controllable	Medal/Champion/Make a final
Can build confidence		Selected for the first team
Good use of drive reduction theory		Typically not directly controllable
		Goals that statistically are least likely

Notes



-  Specific
-  Measurable
-  Achievable
-  Realistic
-  Time-bound
-  Evaluate
-  Re-do

Notes

