**Senior Secondary Physical Education Elective**

**Part 7 Psychological Skills**

**Worksheet 1**

**Motor Learning**

1. Motor learning: Skill classification

How can we make use of skill classification to acquire the new skills more effectively?

1. Motor learning: Skill acquisition and information processing

We will not forget the acquired motor skill even though we do not practise regularly. Why?

1. Motor learning: Stages of learning

State the characteristics of different stages of learning.

1. Motor learning: Intrinsic and extrinsic feedback

Intrinsic feedback is more important than extrinsic feedback.   
Do you agree? Why?

1. Motor learning: Practice methods

State the benefits of arranging assessment for learning in each practice session.