

R185 Topic Area 2
Applying Practice Methods to Support Improvement in Physical Activity

<u>Key Term</u>	<u>Definition</u>	<u>Sporting Example</u>
Fixed Practice	<i>Repeated practice of the same skill</i>	<i>Free Throw in Basketball</i>
Variable Practice	<i>Practicing the same skill in different situations</i>	<i>Shooting in football from different areas inside the box</i>
Whole Practice	<i>Practicing the whole skills</i>	<i>Javelin throw</i>
Part Practice	<i>Breaking the skill into parts which are practiced separately</i>	<i>Triple Jump (hop/ skip/ jump)</i>
Progressive Drills	<i>Practices that become increasingly difficult</i>	<i>Shooting alone, and progressing to shooting with a defender</i>
Open Skills	<i>Skills that are affected by the environment</i>	<i>Passing/ Shooting/ Dribbling</i>
Closed Skills	<i>Skills that are NOT affected by the environment</i>	<i>Penalty shot in most sports</i>
Quantitative Data	<i>Data that is objective and is represented as a number</i>	<i>Getting 5 shots on target</i>
Qualitative Data	<i>Data that is subjective (involves opinions and feelings)</i>	<i>How you felt after a training session</i>