



Skill Continuum Starter Resource

Open

Closed

Where would you put each of the skills shown below on the Open-Closed skill continuum?



Front Crawl



Rugby Tackle



Archery



Football Penalty



Golf Drive

Which skill is the best example of an open skill and why?

Which skill is the best example of a closed skill and why?

Can you name 3 open and closed skills from a sport that you take part in?