



# Skill Continuum

**A self-paced skill is when a performer controls the start and the speed of a skill while an externally-paced skill is when a performer has no control.**

**Self Paced**

**Externally Paced**



**Where would you put each of the skills shown below on the continuum above?**



**Goalkeeper save**



**Tennis serve**



**Basketball block**



**Shot put throw**

**Select two of the skills above and discuss why you have placed them where you have on the continuum. Consider factors that can affect when they perform the skill.**