

SKILLS IN THE SPOTLIGHT

Define a motor skill using a basketball lay-up as an example.

Classify a basketball lay-up on the simple-complex continuum.

Classify a basketball lay-up as open or closed.

Explain why a basketball lay-up is classed as an open skill.

Explain why a basketball lay-up is a complex skill.

Identify one characteristic of skilful movement shown in a lay-up.

**Basketball -
Lay-Up**



SKILLS IN THE SPOTLIGHT

A learned, pre-determined movement performed to achieve a goal

Towards the complex end.

Open skill

Opponents influence performance; conditions are unpredictable.

Several movements linked together; coordination and control required.

Coordination / fluency / efficiency / aesthetic

Basketball - Lay-Up

