

Chap 4

2. There are many things that teachers can do that can improve their communication with the learners. First off teachers should always have verbal instructions along with demonstrating what they want the learners to accomplish. When you are demonstrating and verbally telling them what to do the teacher should talk about things in a logical sequence and talk dynamically so they stay engaged. Also when demonstrating make sure to demonstrate what to do and what not to do so the students get a clearer idea of what they must do. Making the lesson personal by connected it to things that they can connect to and use their names is very important as well. Lastly checking for an understanding by asking questions after your done talking about the skill is always a good idea to make sure they totally understand.

Chap 5

1. The three different content moves that establish progressions are extension, refinement, and application. Extension is when teachers teach things from simple to complex tasks. They start to teach at a lower level then gradually add some difficulty. Next is refinement, which is the communication to students of a concern for quality performances. They achieve this by giving students feedback about how they are doing. When students have more focus and give more effort the quality of their efforts will be higher. Lastly is application, which give students the opportunity to apply the skills they worked on. This gives the students to improve their skills while applying it to a more “game like” or “faster paced” setting.

3. Developing a progression for an open skill should prepare students to work in a constantly changing environment. This would be working on more movement and less concentration on the actual skill that is being taught. As for a closed skill, a progression for this skill should prepare students to have a consistent performance while in a constant or defined environment. They would want to present the skill in a simple environment. This means that this teacher would be focusing more on perfecting the skill because they don't have to worry about the environment changing.

5.

Closed Skill:

Basketball Free Throw

- Practice Throwing Motion (no ball)
- Practice Stance with Throwing Motion (no ball)
- Practice Shooting (but not at basket)
- Practice Shooting at the Basket 3 Steps in Front of the Line
- Practice Shooting from the Line

Open Skill:**Soccer Passing**

- Dribble the Ball (alone)
 - While walking around
 - While running around
 - While not looking down at a fast pace
- Dribble the Ball and Pass
 - Dribble (walk) then pass to the wall
 - Dribble (walk) then pass to a partner (stationary)
 - Dribble (walk) then pass to a partner (running)
 - Dribble (running) then pass to a partner (running)
- Dribble and Pass with Defenders
 - 2 vs 1 passing (slow pace)
 - 3 vs 2 passing (faster pace)
 - 3 vs 3 passing (fast pace)
 - 5 vs 5 mini passing game