

The first stage is to identify the **FIVE KEY COMPONENTS** of skill development....

**1 The Five Points In The Programme Of Study.** The common format of the revised programme of study contributes to greater coherence, making it easier to see links between different areas of activity in Physical Education and different subjects. These comprise the educational framework of the environment in which all aspects of skill development are taught.

**2 The Five Basic Core Elements of Skill Development.** These elements form the root of all skill development – individual; others; software; hardware; task; and are all set inside the physical and educational environment which forms the overall structure of the master model of analysis.

**3 The Five Broad Categories of Skills.** These are the broad categories of generic gross motor skills which have direct links across all physical activity and are used in different ways in different contexts and are developed into different techniques appropriate for the activity or game and for the equipment used.

**4 Five Principles of Movement.** These are the five principles which are used to develop the quality, effectiveness, complexity, sequencing or patterning of skills, aesthetic performance, and tactical development of skills through more varied, detailed and advanced progressions.

**5 Five Skills Involving the Use of Equipment.** New skills emerge with the addition of equipment, and core skills need to be developed and honed into techniques which utilise the equipment and skill most efficiently. A whole new set of decision-making skills become necessary for developing the use of equipment tactics and strategies in game situations.