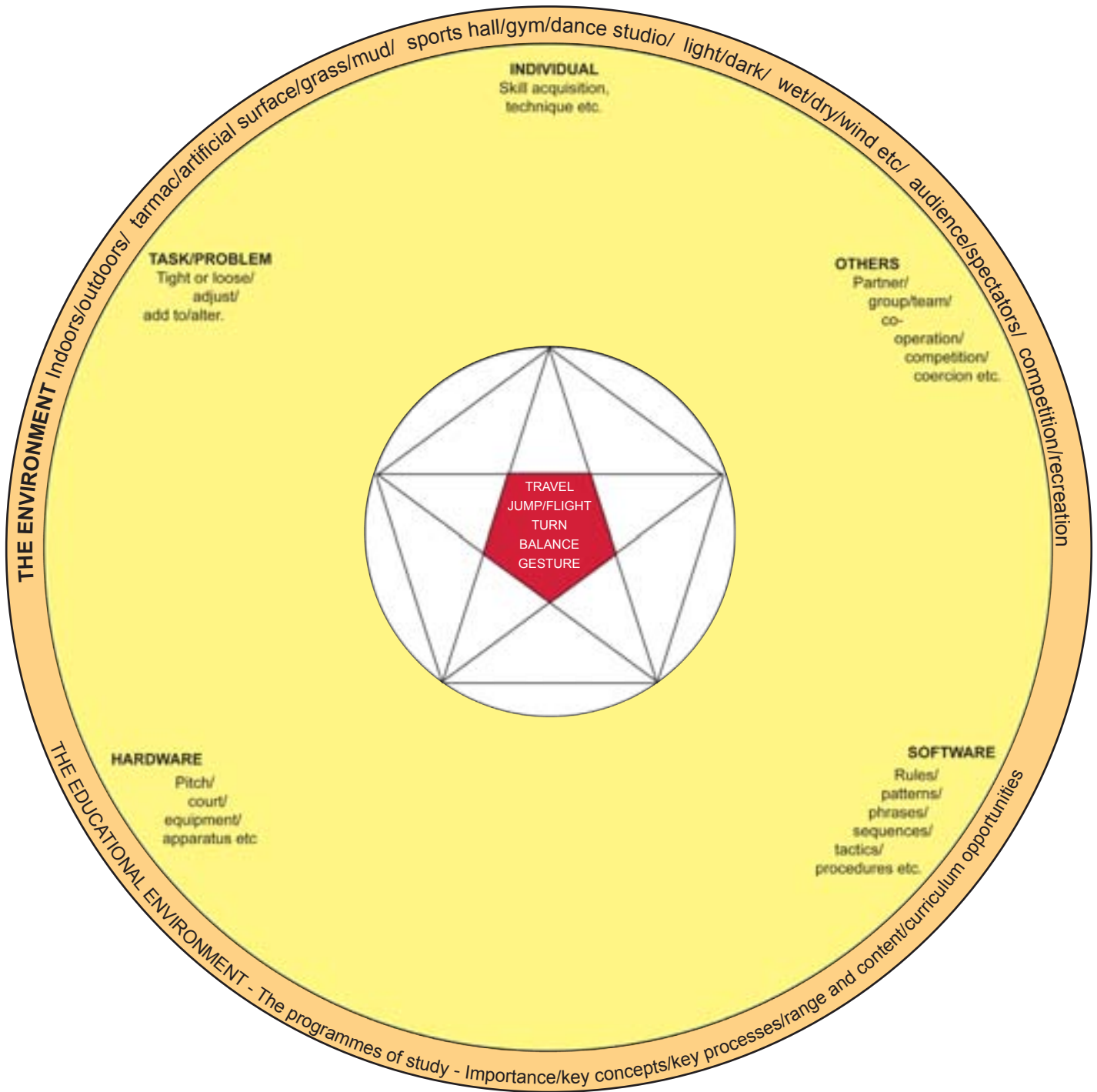


Putting skills at the heart of the model

Now the learning environment has been established, together with the basic elements of skill development, we need to place the five core categories of skills at the heart of the model.



Understanding the Inter-related Nature of Skill Development

3

The Five Broad Categories of skills

- Core skills are embedded in every activity

A) TRAVEL

B) JUMP-FLIGHT

C) TURN

D) BALANCE

E) GESTURE

The five broad categories of skills embrace all the different ways that we as humans can move and the **inter-related model has them at its core.**

Briefly:-

- A) TRAVEL** – is about transferring weight from one body part to another. It is possible therefore to travel both **on** the spot and **off** the spot. Travelling on feet could be, for example, rocking from one foot to the other in a dance move or running in games situations. Travelling on different body parts could be as simple as, for example, rising from sitting to standing or performing a cartwheel in gymnastics.
- B) JUMP/FLIGHT** – involves the action of take off, flight and landing – the essence of it being that for a moment in time the body is not in contact with floor or apparatus e.g. the flight down from a pole vault or bouncing in aerobics.
- C) TURN/REVOLVE** – turning involves moving around any one of three axes i.e.
- (i) the **vertical axis** as in throwing the hammer or turning to dodge in games,
 - (ii) the **side to side axis** as in judo and gymnastic forward and backward rolls or
 - (iii) the front-to-back axis as in cartwheels in gymnastics.
- D) GESTURE** – a facial expression and/or a bodily movement signal generally used to convey a meaning or an emotion. Gesture is used extensively in dance but also amongst team members in a game to convey a team pattern of play – (*e.g. signals at a free kick situation in football, or signals by a referee.*)