

Name:

Date:

Complete the following table

Practice Type	Characteristic	Example
Part Practice Learner must see the whole skill demonstrated prior to learning	Working on perfecting isolated sub-routines; once the sub-routines are perfected, they are put back together	Swimming – practicing body position, leg action then breathing separately then putting them together
Advantages		
Disadvantages	<ul style="list-style-type: none">• Takes longer than other methods• Transferring the parts back into the whole can be difficult• Learners can lose kinaesthetic sense and flow of the skill	
Practice Type	Characteristic	Example
Whole Practice Ideally all skills should be taught by this method	The skill is learned in its complete form without being broken down into sub-routines	
Advantages	<ul style="list-style-type: none">• Good for skills high in organization or continuous; low in complexity• Allows the learner to get the flow & timing (kinaesthesia) of the skill• Helps the learner understand the movement• Can be quicker than other methods / good for ballistic skills	

Disadvantages		
Practice Type	Characteristic	Example
Progressive Practice Sometimes known as chaining		Gymnastic floor routine triple jump lay-up shot in basketball
Advantages	<ul style="list-style-type: none"> ● Good for complex skills as it reduces information load ● Good for skills low in organization; serial skills ● Helps the flow of the skill and can also help the transfer of sub-routines into the whole skill 	
Disadvantages		

Practice Type	Characteristic	Example
Whole-Part-Whole	<p>Learner tries the whole skill first to get the feel of the performance</p> <p>Teacher then identifies the weak parts of the skill which are practiced in isolation</p> <p>Once the weak parts are perfected, the whole skill is tried again</p>	<p>Tennis serve: coach identifies that the ball is tossed up high enough and practices/perfects this before returning to the whole skill</p>
Advantages		
Disadvantages		



Choose a skill from one of your practical activities and create a plan to teach it to a fellow student. Explain how and why you decided to use the methods of manipulating the skills in your plan