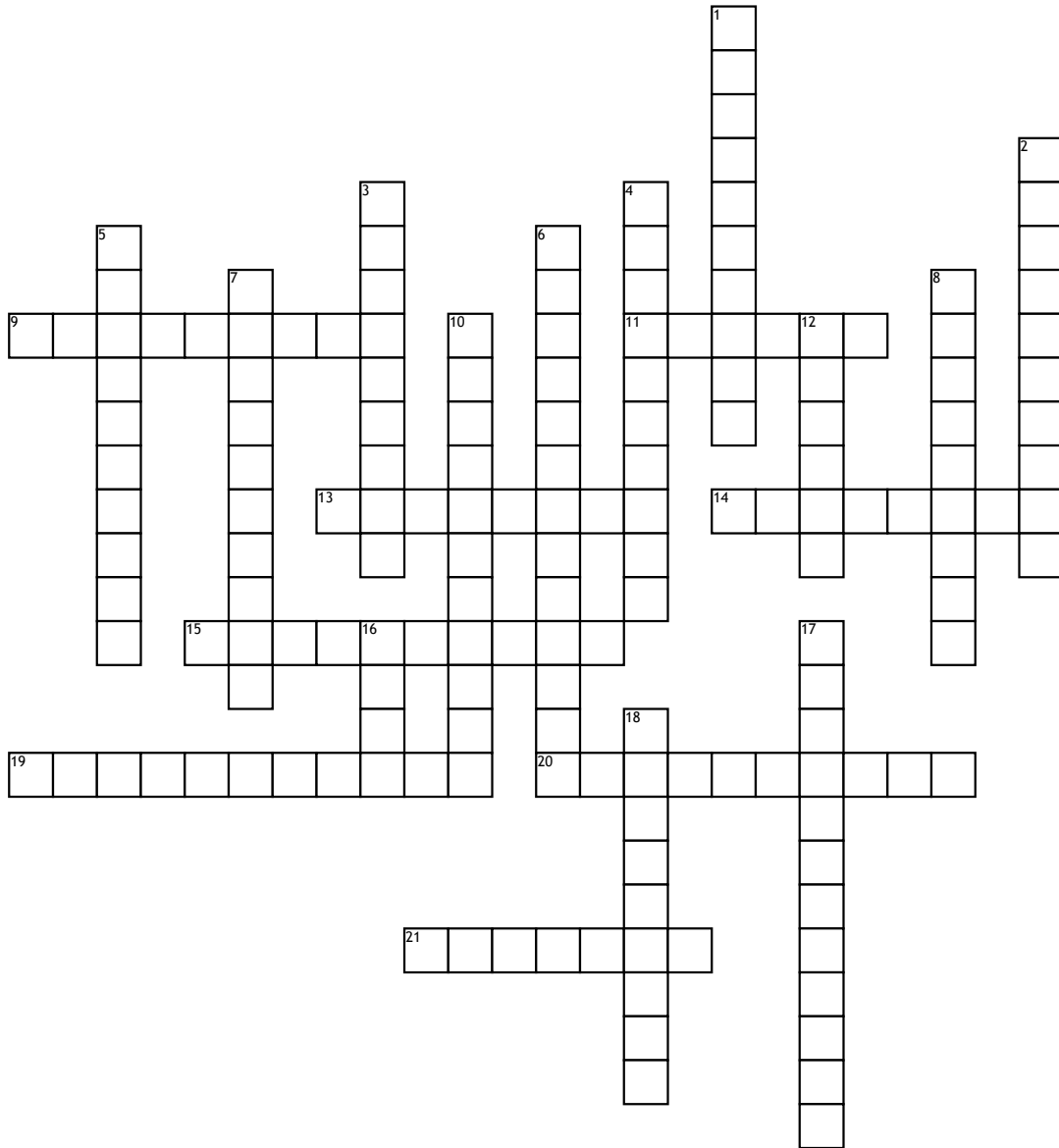


Name: _____

Motor Learning



Across

9. the classification given when a movement uses small muscles for precision
11. The classification given to a movement when it is performed in a predictable environment.
13. A movement that has an obvious begin and end is categorised as a _____ movements.
14. Feedback that occurs after performance
15. A series of _____ organised into the correct sequence and timing to perform a movement is called a motor program.
19. Evaluating how well you did is a skill is knowledge of _____.

20. The classification given to a movement when it uses large muscles for big movements.
21. Looking at the length you jumped in long jump is knowledge of _____.

Down

1. The third stage of learning.
2. An activity that requires voluntary muscular movement to achieve a goal or task
3. Feedback that comes from external sources is called _____ feedback.
4. Feedback that occurs during a performance.
5. A movement that does not have an obvious beginning and end.

6. A change in the capability of a person to perform a skill as a result of practice and experience.
7. Lots of discrete movements performed in a sequence.
8. Feedback that comes from the senses is called _____ feedback.
10. The second stage of learning
12. The better the learner you are the less _____ you make.
16. The classification given to a movement when it is performed in an unpredictable environment.
17. Something that helps to break down a skill so that technique can be studied for improved performance
18. The first stage of learning