

**Motor Skill Definition**

“A learned movement response involves body movements”






**Skilful movement definition**

“A skilled movement is one in which a pre-determined objective is accomplished with maximum efficiency with a minimum outlay of energy

**Characteristics of a skilful movement:**

|                       |  |
|-----------------------|--|
| <b>Efficiency</b>     | No wasted energy in the movement                                       |
| <b>Pre-determined</b> | A clear idea of what you are going to do before the action takes place |
| <b>Co-ordinated</b>   | Two or more movements take place to allow the action to be a success   |
| <b>Fluent</b>         | The action is completed smoothly                                       |
| <b>Aesthetics</b>     | The correct technique is used to make the action look good             |

Examples of characteristics

| Efficiency   | Pre-determined  | Co-ordinated  | Fluent  | Aesthetics  |
|--|---|---|---|---|
| <p>Waste no energy throwing a cricket ball</p> <p>A tennis serve is performed well wasting no energy</p>  | <p>A Trampolinist knows their routine fully before they start</p> <p>A gymnast knows their routine really well</p>  | <p>A volleyball player can jump and spike successfully</p> <p>A basketball player can combine the run and shot in the lay up to be successful</p>  | <p>A rugby player picks up the ball and passes in one flowing movement</p> <p>A batsman in cricket hits a shot with correct timing and technique to make it flow smoothly</p>  | <p>A basketball player shoots using the correct technique makes it look good</p> <p>A high board diver does a double somersault that looks good</p>  |