

**School of Sport and Recreation**

**Department of Coaching, Health and Physical Education**

**Topic 4 ‘Newell’s Model of Skill Acquisition**

**Possible Practical Activity Ideas**

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| **Concept** | **Practical Activities** | **Additional notes** |
| **Multiple Degrees of Freedom** | Students to sign name with dominant hand on large paper from all sorts of angles. Look at how similar it always turns out due to multiple DOF over the years of DOF. Then use non-dominant hand to do signature with.  Can also complete similar with skill such as a cartwheel - look at dominant and non dominant direction  Use dots to help students learn a cartwheel when at the COORDINATION level |  |
| **Number of degrees of freedom** | Stand on 1 foot with eyes open. Then stand on 1 foot with eyes closed. Students can reflect on what they noticed e.g. feeling the smaller movements in the foot to control balance, as well as bigger joints like knees, hips. May not have considered all the smaller foot joints prior to that. |  |
| **Early learning** | Collage activity - in small groups students to create a collage of what they now think ‘early/new learning’ looks like. This can include pictures and words. |  |
| **Newell’s Model practical activity** | Have the following set up in the gym with activity instruction cards of what to do - see separate file. Students record movement - what it felt like, what they observed, what did they do, how successful were they etc on the observation sheet - see observation sheet  Skateboard - In a straight line vs around obstacles  Scooter - In a straight line vs down a hill vs blindfolded  Swiss ball - Sitting on ball vs sitting on ball throwing netball to each other  Volleyball serve - dominant hand vs non-dominant hand  Soccer kick - for targets with dominant and non-dominant legs  Juggling / Circus tricks - 2 ball, 3 ball, tricks  Make sure that the activity allows them to look at not just the stages but also bring it back to Constraints eg. change the environment and this changes the way we move. | [Practical circuit instructions](https://docs.google.com/document/d/1ZhH0vRumMm8a1FF5988LYSawkCqFu-IIK_V49KARpMg/edit?usp=sharing)  [Observation sheet](https://docs.google.com/document/d/1y20SgN7vb_SKsIa-qmMEtLHB0mJfXcQp-RESFJRHedE/edit?usp=sharing) |

 