

**School of Sport and Recreation**

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

**Continuum words for ‘What learners look like”**

Could be worth cutting these words out and use the continuum of the 3 stages.

Students to place the words along the continuum to show understanding of what movement might look like at each stage.

Feel free to add/modify words as appropriate to students understanding.

Could also consider using pictures.

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| **Stiff** |
| **Not fluid** |
| **Jerky** |
| **Lots of mistakes** |
| **Experimentation** |
| **Wobbly** |
| **Concentrating on single aspect** |
| **Not confident** |
| **Staring straight ahead** |
| **Adapts to changes in the environment** |
| **Confidence increases** |
| **Movements more fluid** |
| **More freedom in joints** |
| **Efficient movements** |
| **Uses a greater range of degrees of freedom** |
| **Lacking coordination** |
| **Smooth and effortless** |

  