

**School of Sport and Recreation**

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

**Learning through observation - what can we take from what we experienced?**

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| What? | Describe what you experienced when you had either the opportunity to ‘learn through observation’ or ‘not’?     |
| So what? | What assumptions can we make about how observing the behaviours and actions of others can help us learn?    What are the positive or negative consequences of these assumptions?    |
| Now what? | Can we use these ideas to improve our ability to learn?  What do we need to do in future? |

  