

Name: _____

Date: _____

Learning Skills

Y W P R A C T I C E A N D R E H E A R S A L D U
B N J O D S S Y J X H S O I M N R M H X L A F U
K N O W L E D G E O F R E S U L T S V Q S A K N
E V W C H B Y D X J K T A M R Y W T D R O R N W
A Q L S G Q W T J B N Z M C M P J S A V H G O P
V H V H Y N I N T R I N S I C P F Z N J F O W L
B X F C O P Y I N G O T H E R S J D Y S G C L C
I C H P H M R X V V S N F Q P Q P A P U W V E W
Y I O A E K H T R I A L A N D E R R O R H E D D
W A K R Y F J X Y J E O X B P W M F H K O S G H
P L D T G E I T P T B P J F P S X L P I L X E Q
O X P P E E R X X R V K R N A Q D B R R E U O F
F F S R Z D N X W S Y U U R P O Z R O F P L F T
Y U G A M B P E G V S A Q T V V Y K P Y R L P C
O Z O C J A G V I U R O Z P C F H W R H A E E K
J F D T P C A D L X A S I A T A C V I T C G R H
T G N I D K F P Y T D C L X E G C F O F T I F K
G L N C Q J Y X T W G U L U O R X I C T I X O Q
O H E E I T Z G U F B E Y I F D D A E S C P R G
X M E R F W T P Q E G V V P M H K I P Z E M M R
S U R O L E M O D E L S D M P M H X T M C J A E
W I T M W X T C G B A M Z L Z C M D I Y M H N B
I Z D E X T R I N S I C A C A W E F O Q L P C X
R E O F L F T S P X C G N B D R S O N X E P E P

knowledge of performance

practice and rehearsal

knowledge of results

trial and error

proprioception

whole practice

copying others

part practice

role models

extrinsic

intrinsic

feedback