

4.3 TEACHING FUNDAMENTAL SKILL AND THEIR MASTERY (TECHNIQUE, TACTICS AND DIFFERENT PHASE OF SKILL ACQUISITION), RECREATIONAL AND LEAD UP GAMES.

FUNDAMENTAL SKILL

Fundamental skill are movements that have specific observable pattern. They include:

1. **BALANCE SKILL:** Movement where the body remains in place, but moves around its horizontal and vertical axes.
2. **LOCOMOTOR SKILLS:** Such as running, jumping, hopping, and galloping.
3. **BALL SKILLS:** Such as catching, throwing, kicking, under arm roll and striking.

There are so many method and way of teaching fundamental skill, fundamental skill are the basic skill of any sports and games.

1. **Demonstration method:** The very first method of learning any skill is by demonstration. First show the skill to the learner. The skill should be demonstrate fully and in part by part in other word we can say whole part method the demonstration should be given.
2. **Instruction method:** After demonstration give the learner proper instruction about the skill, what are the necessary steps to be taken during performing the skill.
3. **Correction method:** Correction is another most important part of teaching the basic. Always rectification is very necessary during the learning session. It is very important learner should understand the mistake.
4. **Repeated practice method:** repeatedly practicing is very important before a learner will master the skills.

To teach basic or fundamental so many things should be taken care of. Teacher should actively participate with learner, after teaching ask the student to demonstrate the skill to ensure the instructions have been understood before commencing practice. Student began practice immediately after viewing a demonstration. Always be patient and do not provide more than one and two pieces of new information at a time. Praise in public and remedy in privet is also very important. Keep the purpose of lesson always clear. Always set the call and size of the group.