

## 7

## Not too Easy – Not too Hard

Students learn physical skills best when the skill is neither too difficult nor too easy for them. If the activity is too easy, students will get bored; if it is too difficult, they often give up in frustration.

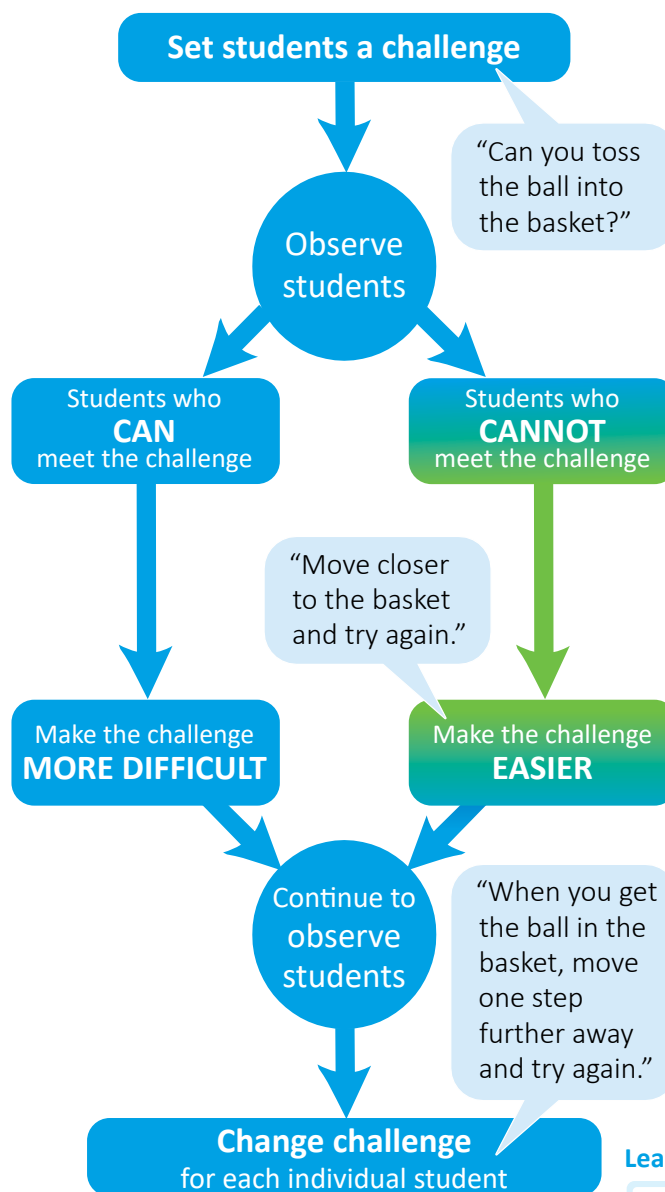
An accepted approach for educators is to:

**Set a challenge:** “Can you stand on one foot?” or “Can you throw the beanbag into the bucket?”

**Observe the student:** Watch the student and decide if the task is too easy or too difficult for them. A good rule of thumb is that the task is about right if the student has success more than 60 percent of the time, but is not successful on every attempt.

**If task is too difficult for a student:** Make the task easier. Ways to make tasks easier are:

- Do it slower – walk instead of run.
- Make it shorter – a shorter relay, move student closer to the target.
- Use a different piece of equipment – use a larger ball, a bigger target, a lighter bat.
- Break the task into smaller parts so the student learns the parts and then puts them together into the whole skill.



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