Generic Levels of Skill Proficiency

GLSP
- A framework that PE teacher uses to describe the range of abilities related to a skill.
  - Four levels:
    1. Precontrol
    2. Control
    3. Utilization
    4. Proficiency

Precontrol Level
- Beginner level
  - Characterized by lack of ability to either consciously control or replicate a movement.

Control Level
- Advanced Beginner Level
  - Characterized by less haphazard movements.
  - The body appears to respond more accurately to the child's intentions.

Utilization Level
- Intermediate Level
  - Characterized by increasingly automatic movements.
  - A "proficiency barrier" exists for most children in advancing from the control to utilization level.

Proficiency Level
- Advanced Level
  - Characterized by somewhat automatic movements that seem effortless.

GLSP
- The GLSP determines the:
  - level of skill for each child for each skill taught
  - overall skill level of the class
- Using the GLSP, teachers can match the tasks to a particular level of skill.

Insights on the GLSP
- It is unlikely that all children will be at the same level.
  - May range as many as three skill levels across one class.
- Children that participate in PE twice per week (or less) will rarely reach the utilization level.
- Proficiency level is very rare for children in grade k-5.