

# 1 Generic Levels of Skill Proficiency

## 2 GLSP

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

## 3 Precontrol Level

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

## 4 Control Level

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

## 5 Utilization Level

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

## 6 Proficiency Level

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

## 7 GLSP

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

## 8 Insights on the GLSP

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