

Clinical Observations of Skill Development

Skills: sequences of organized actions, which apply strategies proceeding to future goals;
 expertness in practiced activities showing dexterity and confidence in functional performances
Fundamental features: flexibility and problem-solving, transactions between persons, tasks, and environments
Key motivation for learning: self-initiated and self-directed activities

Child: _____ Skill: _____

MATERIALS/ACTIVITIES

OBSERVATIONS

DATE

Exploration: visual, tactile, auditory, proprioceptive, olfactory, gustatory



Repetition (practice): blocked, constant, distributed, massed, part, whole, random, variable (definitions below)



Competence: smooth, efficient, automatic, sub-cortical, not requiring constant visual attention



Generalization: accomplished in different environments and positions, using alternative methods, and for a variety of tasks

Blocked practice: movements always done in the same order (early learning)
Constant practice: activity practiced under same conditions each time (early learning)
Distributed practice: amount of rest time greater than amount of practice time
Massed practice: amount of rest time less than amount of practice time
Part practice: each subset of complex movement components practiced separately
Whole practice: entire task practiced to integrate timing
Random practice: movements done in different order each time (achieves generalization)
Variable practice: activity practiced under different conditions (achieves generalization)