

Subject: GCSE PE

Task 4:

Watch the following video;

<https://www.youtube.com/watch?v=AxDwKP47BNA&t=9208s>

You need to start the video at **2.33.28.**

Please make notes about the different types of Guidance:

Visual

Verbal

Manual

Mechanical

You need to be able to explain;

- What it is
- Provide an example from a sport