

# LEARNING & PERFORMANCE

Transfer of Learning

**Context:**

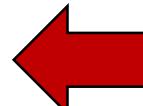
Students need to be aware of the skill transfer can impact on learning and practice.

## Transfers of Learning

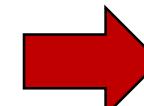
What do **you** think is the most important thing to remember from today's lesson?

**Prior Learning:**

1. Students know how to classify skills onto different continua.
2. Knowledge of different skills required in sport.

***By the end of this lesson I will:***

- 1: To be able to explain the four ways in which learning can be transferred.
- 2: To be able to understand how the transfer of learning impacts on skill development
- 3: To be able to discuss which transfers of learning are more useful and why.

**Future Learning:**

1. Students can apply this knowledge to methods of presenting practice.
2. To answer exam style questions.

**RECAP:** what are the different skill continua? What is an open skill? What is a serial skill? What is a complex skill? What is a high organisation skill?

**Subject specific vocabulary – choose 5 key words from this lesson that you think are important:**

# The Transfer of Learning

**Transfer of learning:** the application of previous experience to present learning.  
The effect on the performance of practising one skill or learning another.

- Learning process from a baby sitting-up, standing, walking, running etc.
- Transfer of learning can be positive/beneficial or negative/detrimental

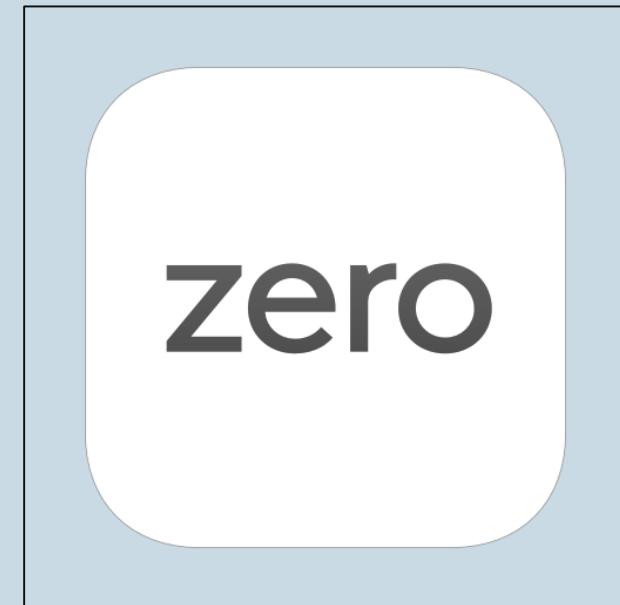
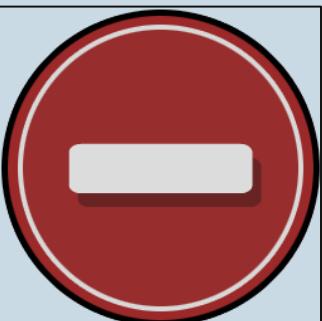


# Transfer of Learning

There are **4 types** of learning transfer:

1. Positive Transfer
2. Negative Transfer
3. Zero Transfer
4. Bilateral Transfer

**TASK:** 30 seconds, think pair share with the person next to you, what does each one mean?



# Positive Transfer

- This is defined as when the **learning of one skill helps or aids the learning of another.**
- Positive transfer tends to happen when **two skills have a similar shape and form**
  - the action of the two skills are similar so the movements of one skill help the actions of the other.
- e.g. a *netball pass* has a similar action to a *basketball pass*
- e.g. in *tennis*, an *overhead volley* and a *serve*



# Negative Transfer

- This is when **the action of one skill hinders the learning of another**.
- Negative transfer occurs when there **might be some familiarity with the environment in which the two skills** are performed.
- This familiarity **causes confusion** when the actions of the two skills are not the same.
- *e.g. badminton and tennis games are played on a court divided by a net, but the action of the tennis serve uses the arm, whereas the badminton serve uses the wrist – negative transfer*



# Zero Transfer

- This is when the **learning of one skill has no effect on another** since the two skills in question have **no similarities**.
- There is **no aspect of confusion**.
- e.g. *the swimming arm action and foot placement in rock climbing have nothing in common and therefore there is no transfer effect.*



# Bilateral Transfer

- This is **occurs from one limb to another**.
- Bilateral transfer happens when the **learning of one skill is transferred across the body**.
- e.g. a *right-footed footballer* would be encouraged to use the *left foot* when required, so that the *impact of a shot from the left foot becomes equal to the impact of a shot from the right foot*.



# Transfer of Learning Summary

1. Positive transfer - Involves previously learnt skills helping the development of new skills. e.g. *overarm throwing techniques used for tennis serve and throwing a javelin.*
2. Negative transfer - Involves previously learnt skills which hinder the development of new skills. e.g. *tennis/badminton & golf/cricket.*
3. Zero transfer - When there is no effect on current performance from previous learned skills.
4. Bilateral transfer - Involves the transfer of learning from one limb to another, rather than from skill to skill. e.g. *being ambidextrous has an advantage.*

## POSITIVE TRANSFER IS THE MOST USEFUL EFFECT AS IT MAY HELP PLAYERS DEVELOP A GREATER RANGE OF SKILLS:

- It can be encouraged by making sure that training is realistic e.g in rugby, the use of tackle bags are replaced by people in small sided games – an accurate representation.

# Transfer of Learning Scenarios - HANDOUT

- You need to identify if the following scenarios are a positive, negative, zero or bilateral transfer of learning. You also need to explain WHY.

# Scenario Questions - HANDOUT

1. When Steve Backley was at primary school he learned how to throw a ball in his cricket lessons. He later used this technique to help him throw the javelin. What type of transfer did he display?



# Scenario Questions

2. Sam Fudge played cricket in primary and secondary school, he was an accomplished player. Later in life he took up golf. His cricket technique led to him finding it difficult to play golf, as he always hooked the ball. What type of transfer did he display?



# Scenario Questions

3. I once did lots of standing broad jumps to test how far I could jump. I have also done some hurdling in my school days, my standing broad jump technique didn't affect my hurdling technique. What type of transfer did I display?



# Scenario Questions

4. Ronnie O'Sullivan is a controversial snooker player. He plays right handed, but as he's so talented he can also play left handed. What type of transfer does he display?



# Transfer of Learning

What can you do to ensure successful transfer of learning?

- In pairs, discuss and come up with 5 examples.

*HINT: think about how learning takes place and what is required to learn new skills or improve on them – coach, performer, practice etc.*



# Transfer of Learning

## To ensure successful transfer of learning:

- Coach makes performer aware of transfer potential/highlight elements of skill that are similar
- Identify elements that may hinder learning
- Ensure original task is well learnt/ practice
- Planned progression
- Make practice sessions realistic/ relevant to the competitive environment - e.g. practicing against opposition/time
- Eliminate bad habits
- Performer is well motivated/ confidence.

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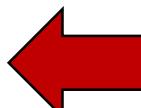
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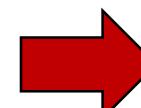
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# Extension Task

Create revision notes on today's lesson.

- Mind maps
- Colourful notes
- Typed up notes
- Tables of comparison

Make sure you have covered all the different transfers of learning and have listed relevant sporting examples.

# Homework

Revise the definitions for the different types of learning.

Make sure you can list at least 5 things that are required to make sure successful transfer of learning takes place.

**TEST ON TRANSFER OF LEARNING NEXT WEEK**