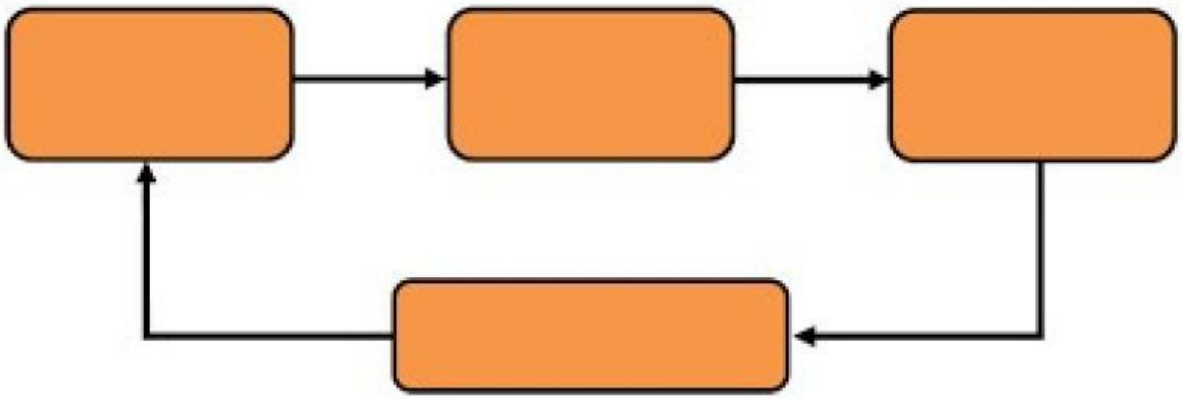
8.4 Information Processing Model

Identify each section



	Information is analysed so the performer can choose the most appropriate response. Information is stored in the short-term memory at first and then the long-term memory is rehearsed over time. Experienced performers have more relevant information stored and can make faster and better decisions
	Information received about the outcome of the decision (whether it was good or bad) This knowledge can be stored in the memory and used to make future decisions Feedback can be intrinsic (from the feel of the movement) or extrinsic (from the crowd, coach, teammates and seeing the outcome)
	information received via the senses (sight, sound, touch) and from previous experiences upper format needs to select the most relevant information to act upon.
	The decision is made and then acted upon the brain sends information to the muscles, the muscles contract and the action is performed

LIVEWORKSHEETS

Conversion Kick in Rugby

From past experience he decides to kick the ball slightly left of the near post. The action has been rehearsed many times	He kicked the ball straight through the posts he received intrinsic feedback on how the movement felt and the flight of the ball
He positions himself to kick the ball	A rugby player uses selective attention to block out the crowd he focuses on the angle of the kick and the wind speed

KO punch in boxing

He moves into position ready to throw a right-hand punch. He successfully knocked out his opponent.	He received intrinsic feedback on how the movement felt and the position of himself and his opponent
A boxer sees that his opponent has his guard down	From past experience in the long-term memory he decides what position to get into and when and how to throw the punch

LIVEWORKSHEETS

	'Our brains can only process a certain amount of information at once too much information results in overload' Noise from the crowd, instructions from a coach and teammates, cameras flashing and a variety of visual cues can make it hard to focus on the important information
	The theory that the brain can only process one piece of information at a time. Until one stimulus had been dealt with and a decision made, another cannot be acted upon
	The theory that the brain has several channels each dedicated to a different task. Visual information may be processed through one channel and verbal (e.g. instructions) through another.

LIVEWORKSHEETS