

**Motor Skills Tracking Tool**

Description of exercise-  
**Motor Learning Stage**  
 for current task

Early	Developing	Stable
<i>Verbal/cognitive stage</i>	<i>motor learning stage</i>	<i>automatic stage</i>

**Practice Structure**

constant	varied (varied parameters) _____
blocked	random (targeted tasks) _____
internal	: _____ external: _____

<b>Task Complexity:</b>	<i>Simple</i>	<i>moderate</i>	<i>complex</i>
<b>feedback guide</b>	<b>more feedback (new learner)</b>	<b>fade feedback</b>	<b>less feedback</b>

	<i>No error detection</i>	<i>emerging</i>	<i>detection w/ inconsistent correction</i>	<i>consistent correction</i>
<b>Reference for correctness: feedback guide</b>	<b>extrinsic feedback/ KR</b>	<b>intrinsic feedback increases begin to fade feedback</b>		

M. Rosenberg, 2010