PE 361- Adapted Physical Education

Motor Learning Plan

Name: Chantalle Carr

Skill Selected: Learn to play the guitar

Why did you select this skill?

I have always wanted to learn how to play a musical instrument and I have some previous experience with the guitar. I have not touched one in years, but this class has given me the initiative to try it again. I love music and think this would be one more great way to continue to keep that a part of my life.

Plan Implementation: Start date- November 8th

End date- December 9th

Describe your plan to learn this skill:

I have a friend who is an amazing guitar player, and she has been playing for 8years. She has agreed to give me some lessons and teach me the basics, as well as help me prepare a song for our presentations.

If for some reason I am not able to meet up with her, I have a couple other friends who play the guitar as well who said they have no problem helping me out. Plus I should be able to work on my own time and practice the things I have learnt, and I always have youtube videos that might help.

I want to start off by learning the basics about the guitar, and possibly how to read music.

I will then begin to work on a song that I have selected, and learn it to my best ability.

List 4 principles of motor learning which you fell will help you make progress. Indicate how each is incorporated in your plan.

* Goal centered learning: By giving myself a goal of learning a full new song/partial by the due date I will push myself more in order to get the basics down first so I can work on the song.
* Interest in Learning: I have always wanted to fully know how to play the guitar. My past experience will hopefully help me and keep my motivated.
* Correction of errors: I like to make sure that any mistakes I make are corrected early so that I can get into the habit of playing the right way. I know that if I recognize and fix the mistakes right away it will limit the mistakes I make down the line.
* Scheduling: By having an organized time of when to practice/meet up with my friend will help me keep track of my progress and how much more I need to work in order to reach my goal.