

"How to practice effectively...for just about anything"

Video by TED-Ed

[0:00- 0:23] What is Practice? _____.

[0:24 - 0:57] *(Fill in the blank)* How does the body move?

Information travels from the _____, down the _____, through a chain of nerve fibers, called _____, finally arriving at the muscles.

[0:58 - 1:44] What is Myelin? What does it do? (hint: similar to insulation on an electrical cable)

_____.

[1:45 - 2:03] **IMPORTANT:** Repetition of an action (practice) creates muscle memory.

Bonus: Can you give an example of muscle memory you have built?

_____.

[2:04 - 2:22] *(Fill in the blank)* Mastery isn't gained from just the time spent practicing,

but from the _____ and _____ of your practice.

[2:23 - 2:33] What is "Effective Practice"? _____.

Four Methods on How to Practice Effectively

(Give an example of how you can practice each method)

[2:33 - 3:04] #1 "Focus on the Task at Hand"

_____.

[3:05 - 3:18] #2 "Start out Slowly, or in Slow Motion"

_____.

[3:19 - 3:41] #3 "Frequent Repetitions with Allotted Breaks"

_____.

[3:42 - 4:16] #4 "Practice in your Brain, in Vivid Detail"

_____.