

KOL PE 2: FEEDBACK IN SPORT – googling ‘Feedback in sport’ will help you.

The PowerPoint used in our GCSE lessons said

- Feedback is ‘Information about a person’s performance which is used as a basis for improvement’.

The AS Textbook says

- ‘Feedback is a term which describes the way in which information is received by a performer about a performance either just completed or sometimes during the performance itself’.

Task 1: List the ways you have been given feedback during or after performances in your sport.

There are 2 main types of feedback – Extrinsic and Intrinsic, within these, there are subcategories.

Feedback type: Extrinsic	Feedback type: Intrinsic	Task 2:
		a, in the first box under each heading, write an explanation of the type of feedback.
Knowledge of Results	Kinaesthetic/kinaesthesia	b, in the smaller box, give examples of the use of the type in sport.
		c, colour or shade each type with a different colour.
Knowledge of Performance	Proprioception	d, go back to your list in Task 1, and colour/shade the examples you have given to match the feedback types here

Task 3: Repeat the a - d process above for the other ways feedback can be given – Positive, Negative, Terminal and Concurrent.

Task 4: Which type of feedback works best for you and why? Explain your answer below choosing from Intrinsic, Extrinsic, Positive, Negative, Terminal and Concurrent, or a combination.

Task 5: Explain why the type of feedback given would need to differ for a novice performer compared to an experienced/elite performer.