

FEEDBACK

See pages 96-7

Name

*Creat work Serie,
Keep it up!*

Learning Objectives



- Define the term 'Feedback.'
- Describe the six types of feedback a performer can receive.
- Identify advantages and disadvantages of each type of feedback and feedback that we use for particular performers/ sports situations

1.4 Feedback	
Start of the lesson	End of the lesson
1. Define the term 'Feedback.' ?	
The information the player receives from the movement	information that a player gets regarding skill chosen
2. List three types of feedback a sports performer could receive. ?	
verbal visual kinesthetic	positive negative intrinsic
3. State one advantage and one disadvantage of negative feedback ?	
-learn from your mistakes -be discouraged	something to improve disheartening
4. Describe one sporting scenario that would be well suited to intrinsic feedback. Why? ?	
oak	stroke in tennis, you can tell if it wasn't received
Start of the lesson:	End of the lesson (Actual %):
DOWNLOAD BAR	DOWNLOAD BAR
0% 25% 50% 75% 100%	0% 25% 50% 75% 100%



Think for one minute what you think the difference is between guidance and feedback. Write your ideas below then compare ideas with the person sat next to you.



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- Feedback is simply information that the performer receives before, during and after performance.
- Feedback can come from a number of different sources.

Task 1: In pairs, discuss the types of feedback outlined below and in pencil write down your ideas.

-how well the skill when
-outcome of performance

Results (Knowledge) **R**

External feedback
e.g coaches/beam members

Extrinsic **E**

-lights spirits
-boosts confidence

Positive **P**

Self known
-quality of performance

Performance (Knowledge of) **P**

-internal
-how does the movement feel
-from yourself

Intrinsic **I**

-learn from your mistakes

Negative **N**



Rapid Recall: Beginners are more suited to **REP**

Rapid Recall: Elite performers are more suited to **PIN**

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POSTIVE & NEGATIVE FEEDBACK



What was correct movement.

Performers need to know if movement is correct.

Provides a reference point for future movements

Essential to motivation.



What was incorrect.


Information on what action is required.

allows peformer to correct the movment.

The Chest Pass

https://www.google.com/search?q=chest+pass+correct+technique&rlz=1C1GCEV_enGB963GB963&oq=chest+pass+correct+technique&aqs=chrome..69i57j0i8i13i30i2j0i390i395i3.7723j1j7&sourceid=chrome&ie=UTF-8#kpvalbx=Gy1nYZnDDdCegQbIm46gBw16

Task 2: Watch your partner execute the chest pass and provide feedback on the chest pass. You must provide **positive** and **negative** feedback.

POSITIVE	NEGATIVE
Great position when throwing and catching ✓	Make sure it doesn't go to the side of my body but for the chest ✓
Decent footwork when it came to throwing the ball ✓	

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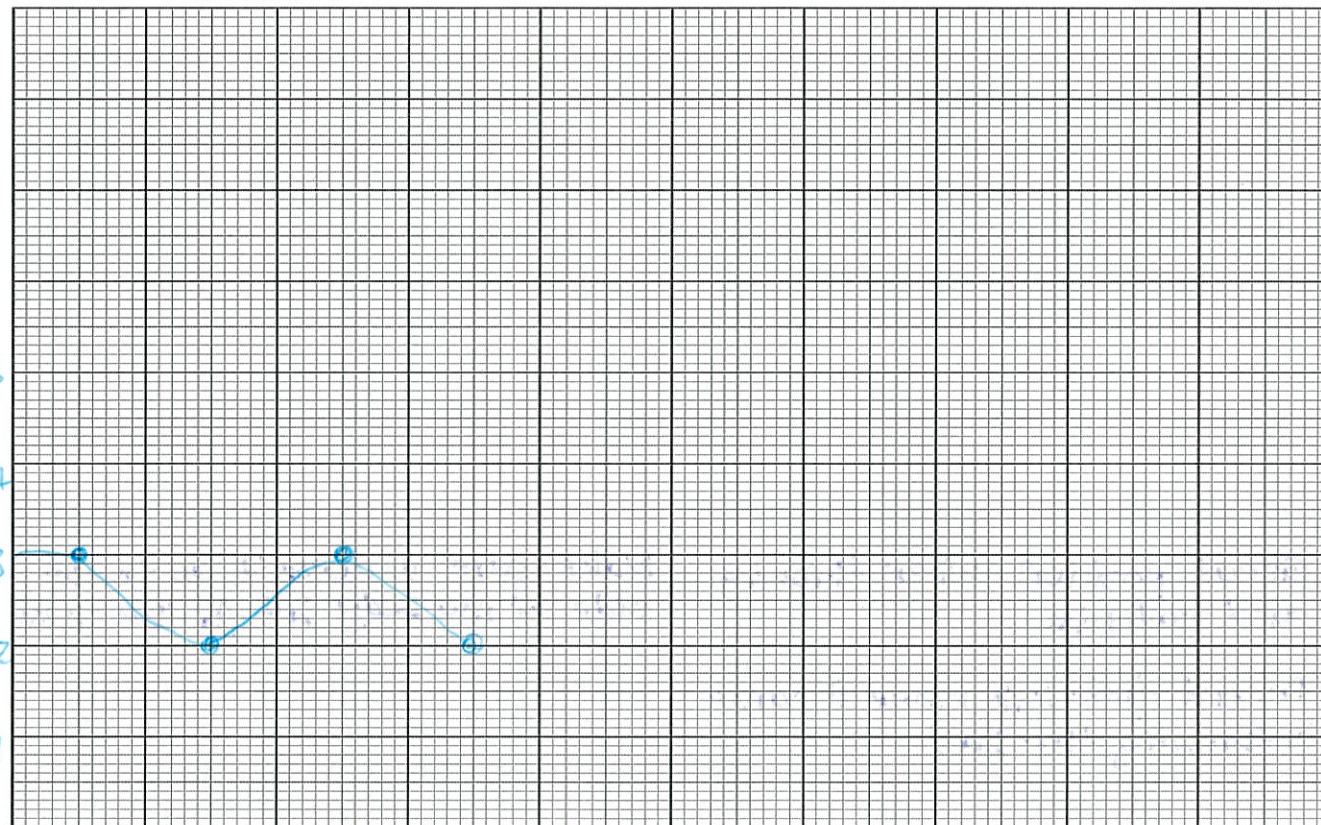
KNOWLEDGE OF RESULTS & KNOWLEDGE OF PERFORMANCE

You are going to perform 12 basketball free throws, record the amount of successful free throws in the table below. 3 in the first quarter, 3 in the second quarter and so on....

Basketball	1st Q	2nd Q	3rd Q	4th Q
Set Shot	3	2	3	2

Task 3: Using your knowledge of results and the information below, decide how successful the performances were. To do this, you will have to record how many basketball shots were successful in each round and then use the graph paper below to draw a line graph to present the data given for goals in each quarter.

Please complete.



Knowledge of results:

- How successful you have been in achieving what you set out to do (the outcome).
- It is generally factual.
- Usually comes from the teacher, coach.

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1. What type of feedback is most important for experienced performers? Explain your answer. (2 marks)

Negative because they play at a very high standard usually so are more focused on skills to improve on as they already know they are good! 2

2. Why should negative feedback not be used excessively with beginners? (2 marks)

Because it would rock their confidence and might make them lose interest in the sport if they don't think they are good enough. However it is still important to give them some negative feedback so they can continue to learn & improve. 2

3. You should be able to link the types of guidance and feedback to beginners and/or elite performers.

Complete the following table with reasons for or against:

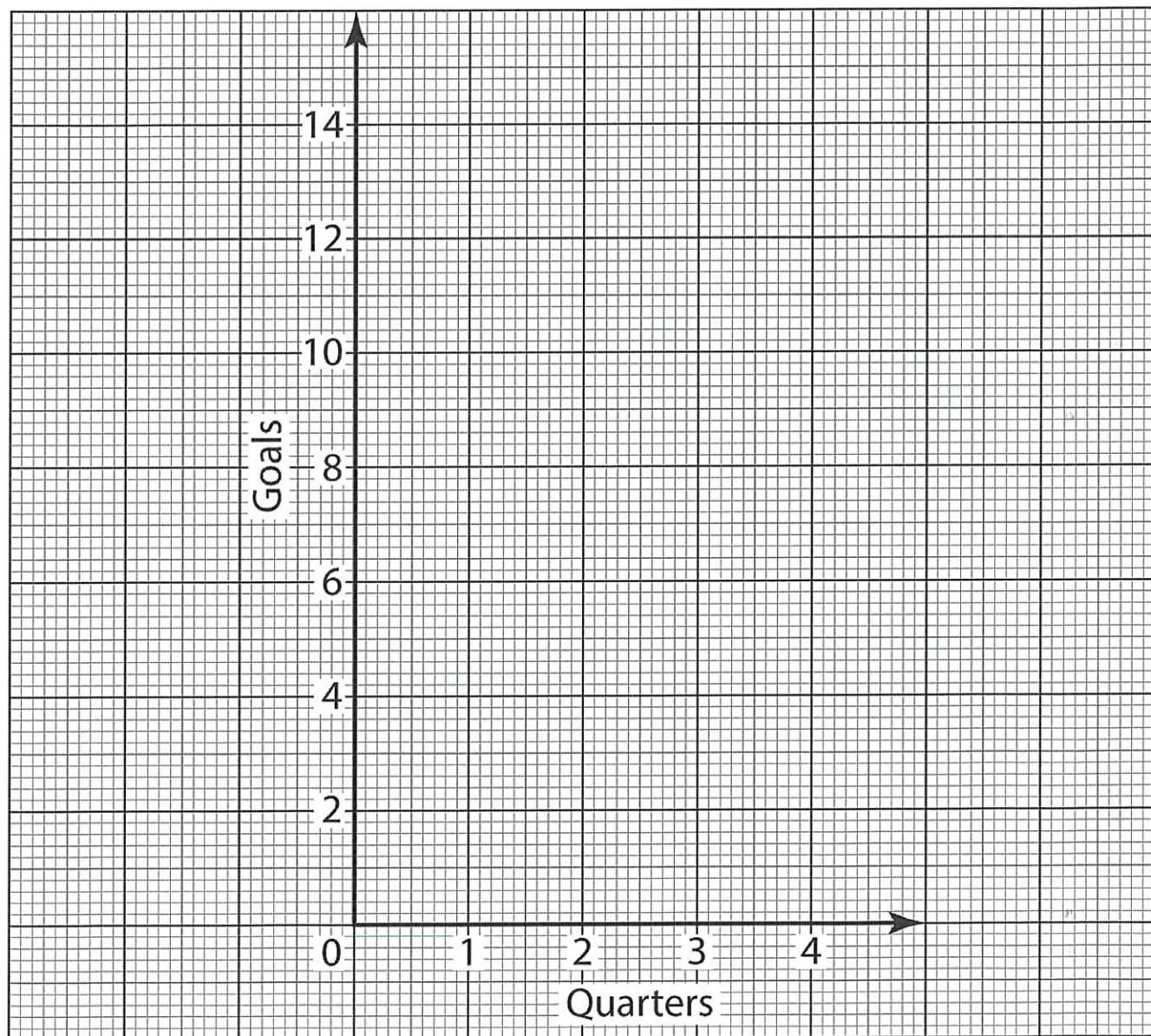
Beginner	Who requires the following and why	Elite performer
	Visual guidance	
	Verbal guidance	
	Manual or mechanical guidance	
	Positive or negative feedback	
	Knowledge of results or performance	
	Extrinsic or intrinsic feedback	

4. A beginner new to the sport requires feedback on their first attempt at hitting a hockey ball. Should Knowledge of Results or Knowledge of Performance be given? Justify your answer.

Knowledge of results because they need to fully understand the skill they're trying to do. 2

Draw a line graph to present the data given for goals scored per quarter in a netball match.

Team	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Reds	6	8	11	14
Blues	11	7	5	10



Which quarter produced the largest difference in points scored?

What was the score at half time?

What was the final score?

What can your graph tell you about the game?

Task 4: Using your knowledge of performance (see information below) Provide some detail on how successful the performer has been when executing the skill using the prompts below. Be prepared to feedback your answers to the class.

Basketball Set Shot

✓	Preparation	✓	Execution	✓	Follow Through
✓	Feet apart	✓	Jump then shoot	✓	Arm extends
✓	Knees flexed	✓	Extend legs		INdex finger points to target
✓	Non shooting hand under ball	✓	Extend elbow	✓	Shooting palm down
✓	Elbow in		flex wrist and fingers	✓	Land in a balanced stance
	Ball between ear and shoulder		Release off index finger		

Knowledge of performance

- Provides more detail on how well performer has done.
- Can be related to technique.
- Can be related to a specific movement.
- Quality of performance (the process)



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EXTRINSIC & INTRINSIC

You are going to perform a short task involving a ball and a target. One task will be performed blindfolded and the other using your vision.



Task 4: For the blindfolded task, your partner will provide you with **extrinsic feedback** in the form of verbal feedback and you must then attempt to modify your technique to move towards the desired outcome. Once you have completed the task write down the specific feedback you received from your partner. How helpful was this in relation to improving your performance?

My partners feedback was helpful, it was a mix of positive and negative feedback. She told me I needed to align myself with the box and



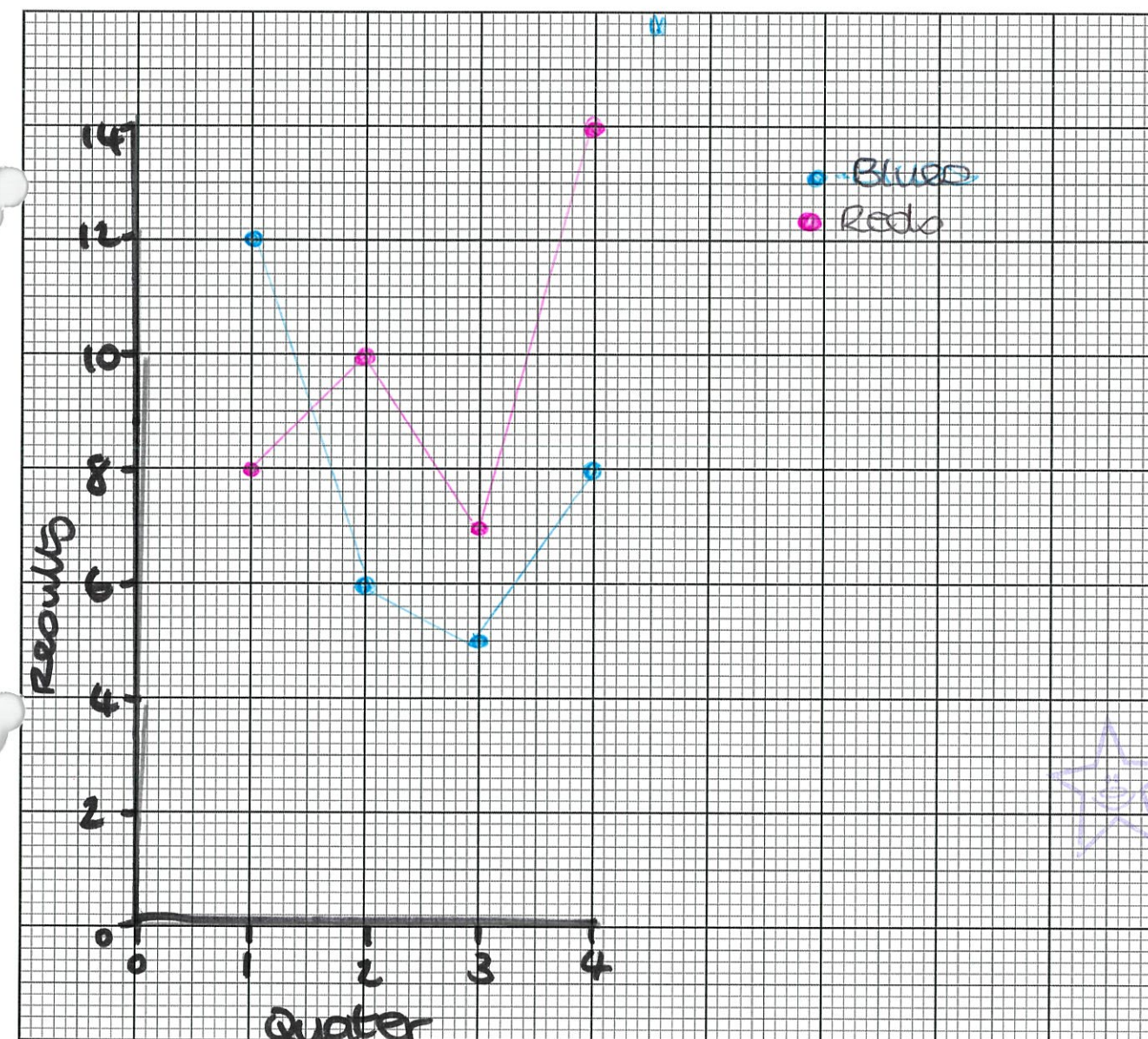
4.4

Graph to present feedback on knowledge of results

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Draw a line graph to present the data given for goals scored per quarter in a netball match.

Team	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Reds	8	10	7	14
Blues	12	6	5	8



Which quarter produced the largest difference in points scored? Quarter 4 - 6 ✓

What was the score at half time? Red 4 - Blues 18 ✓

What was the final score? 39 - 31 ✓

What can your graph tell you about the game? The amount of goals was an irregular pattern but ^{near} the end of the game to Red's shooting increased ✓



Now describe one sporting scenario that would be well suited to each type of feedback and justify your choice by providing evidence to support it. Remember to consider the activity as well as the level of the performer. **Are they just starting and inexperienced or are they an advanced performer?**

Positive feedback:

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Negative feedback:

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Knowledge of results:

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Knowledge of performance:

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Extrinsic feedback:

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Intrinsic feedback:

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Task 5: For the intrinsic feedback you are going to make notes on how you used your 'kinaesthetic' senses to make adjustments and make your technique more successful.

If it felt like ~~you were~~ ^{I was} adding too much power I would use less arm strength when throwing.

- stepped back because of overthrowing
- create smoother swing
- align myself more with the box



Excellent understanding

HOMEWORK

Define 'feedback': information your partner received
regarding the players performance
Before, during and after the event

Complete the table below.

Type of feedback	Definition	Advantages	Disadvantages
Positive	Information a performer receives, being told what was good about their performance	<ul style="list-style-type: none"> motivates performer reassures them their doing well so can continue to enjoy sport 	<ul style="list-style-type: none"> can make them think they are better than they actually are
Negative	Information a performer receives about what was incorrect or bad about their performance.	<ul style="list-style-type: none"> gives them skills to work on can prioritise skills to improve 	<ul style="list-style-type: none"> makes them stop wanting to do the sport knocks confidence
Knowledge of results	Information about a performer's placing in a tournament or the time it took them to complete a race.	<ul style="list-style-type: none"> helps player quickly see if they were successful/unsuccessful 	<ul style="list-style-type: none"> can deflate confidence if they are only 1 winner
Knowledge of performance	Information about the individual performance and how well the technique was	<ul style="list-style-type: none"> so they can improve on more specific skills 	<ul style="list-style-type: none"> can be hard to get help needed if you are a beginner
Extrinsic	How successful someone else thought the skill was e.g coach, teammate	<ul style="list-style-type: none"> so they get feedback from other people can be told by someone else what to improve on 	<ul style="list-style-type: none"> need to be able to see for yourself what to improve on

Using a ruler, match up the type of feedback with the correct advantages and disadvantages and highlight all key words.

Type of feedback

Positive feedback

Negative feedback

Knowledge of results

Knowledge of performance

Extrinsic feedback

Intrinsic feedback

Advantages/ disadvantages

Advantages

- It gives the performer a quick measure of their success.

Disadvantages

- It can be demotivating for other performers in situations where there can be only one winner.

Advantages

- It motivates the performer, particularly beginners.
- It makes all performers feel that they have successful aspects of their performance.

Disadvantages

- It can emphasise positive aspects too highly and suggest that overall performance was better than it actual was.

Advantages

- Enables the coach to give guidance on how the skill should be performed correctly.
- It can help performer prioritise specific skills they need to improve

Disadvantages

- It can become demoralising, particularly for beginners.
- Too many negative comments can leave beginners struggling and not knowing how to respond.

Advantages

- Beginners need extrinsic feedback from coaches to be made aware of, and learn, basic skills and techniques.
- More experienced performers can combine extrinsic and intrinsic feedback to gain a full picture of their performance.

Disadvantages

- It can be difficult to get the advice and help of a qualified coach, especially for beginners.

Advantages

- Performers, particularly experienced performers, can make immediate adjustments.

Disadvantages

- It requires a high level of knowledge about a particular activity to be able to identify precisely what did not work well and what needs to be done to improve. Beginners are unlikely to have this knowledge.

Advantages

- There are many aspects to one performance so the feedback can be very detailed for experienced performers or focus on one or two aspects of performance for beginners.

Disadvantages

- It can be difficult to break a performance down in order to provide a detailed feedback required by experienced performers.

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<p>Intrinsic feedback</p>	<p>Information a performer receives about their performance from within. Includes kinesthetic feedback.</p>	<p>• elite performers can easily make improvements</p>	<p>• rely too heavily on other to say what you did wrong</p>
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Now describe one sporting scenario that would be well suited to each type of feedback and justify your choice by providing evidence to support it. Remember to consider the activity as well as the level of the performer.

Positive feedback: During ~~half time~~^{end of} of a football match so it boosts confidence and encourages them to play similar during next match (beginner)

Negative feedback: During quarter time of netball match (~~beginner~~ elite performers) so they can improve on what they did wrong during the previous quarter

Knowledge of results: when putting in golf, seeing if the ball goes in or ~~is~~ ^{is} relatively close to the target your aiming for

Knowledge of performance: During a gymnastic routine, knowing if you completed the correct technique and the correct skills

Extrinsic feedback: Throughout a netball match as the players and coaches are shouting feedback and giving tips from the sideline

Intrinsic feedback: During Javelin knowing if the position feels right

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4.4 Types of feedback

Define 'feedback':

.....

.....

Match up the type of feedback with the correct definition.

Type of feedback

Positive feedback

Negative feedback

Knowledge of results

Knowledge of performance

Extrinsic feedback

Intrinsic feedback

Definition

Information a performer receives about their performance from within. Includes kinaesthetic feedback.

Information about the performer's placing in a tournament or the time it took them to complete a

Information a performer receives about their performance from outside themselves, such as from a coach.

Information a performer receives about what was incorrect or bad about their performance.

Information about a performer's performance generally and, more specifically, about their technique.

Information a performer receives about what was correct or good about their performance.