

# Paper 2: Types of feedback

| Type of Feedback                | Explanation  | Application   |
|---------------------------------|--|---|
| <b>Intrinsic</b>                | <p>Intrinsic feedback is <b>within</b> the performer</p> <p>They understand how the movement feels from feedback from the muscles, it is important so performers can spot their own errors</p> <p>Intrinsic feedback should be developed so the performer is not reliant on others</p> | <p>Used by <b>experienced</b> performers as the skill is well learnt and they can make amendments to their own performance based on their internal feedback</p> <p>E.g. When a gymnast is performing a somersault, they will be able to use internal feedback from their muscles to readjust their body to successfully perform the skill</p> |
| <b>Extrinsic</b>                | <p>Extrinsic feedback is feedback from <b>outside</b> the performer</p> <p>Extrinsic is important as someone watching the skill can observe and explain what needs to be done to correct it</p>  | <p>Used by <b>less experienced</b> performers as they are unlikely to detect their own errors</p> <p>E.g. When a gymnast is performing a somersault they may land falling backwards. A coach may tell them to stay tucked for longer, which will enable them to land on their feet</p>  |
| <b>Positive</b>                 | <p>Being told what was good about your performance or technique</p> <p>This can be motivating especially for <b>beginners</b></p>  | <p>A gymnast may be told that they had their knees straight and their toes pointed when performing a pike.</p>  |
| <b>Negative</b>                 | <p>Being told what was wrong about your performance or technique.</p> <p>This is used by <b>experienced</b> performers so they can correct errors and improve technique</p>  | <p>A football player may be told why they were out of position which led to a goal. They can correct this in the future</p>   |
| <b>Knowledge of results</b>     | <p>Focuses on whether your performance got the result you wanted</p> <p>They can focus on what needs to be done which can be applied through knowledge of performance</p>  | <p>It is useful for <b>beginners</b> to see how far they are from achieving the result they want e.g.:</p> <p>Did you make 9 tackles during the game</p> <p>Did you run 100m in 13 seconds</p>  |
| <b>Knowledge of performance</b> | <p>Focuses on the way you carried out the skill or technique</p> <p>It is useful for more <b>advanced</b> performers to see what needs to be done to improve technique</p>   | <p>Did you have a high knee lift when sprinting the 100m</p> <p>Did you use the correct grip when performing a backhand drive</p>   |

## Sporting Examples



### Intrinsic Feedback

An **experienced** performer uses intrinsic feedback from their muscles to adjust their body position to perform the skill successfully

### Extrinsic Feedback

A **less experienced** performer gets extrinsic feedback from their coach to explain how their performance can be improved

### Positive Feedback

A **beginner** gets positive feedback on how well they performed this can motivate them in future performances

### Negative Feedback

An **experienced** performer may need telling what they did wrong so they can use this information to correct errors in performance or technique

### Knowledge of Results

A **beginner** may use knowledge of results so they understand what needs to be done to improve performance this can be applied through knowledge of

### Knowledge of Performance

An **experienced** performer may use knowledge of performance so they can improve future results