Task 1 - Define the term “Feedback”.

Task 2 - Name and Define the six different types of feedback that can be received.

P_____

This is

N_____

This is

I_____

This is

E_____

This is

K_____ of P_____

This is

K_____ of R_____

This is

Task 3 - Identify the positives and negatives for each type of feedback.

Advan.

It can motivate the performer (esp. beginners).

Can be specific to the performers needs when

Gives the performer instant measure of their success

Makes performers feel success in aspects.

Help athletes gain better quality of feedback from

Gain instant feedback and make adjustments

Can offer another set of eyes, view or opinion on

Can be used to help fix mistakes being made.

Disadva.

Experience/knowledge needed which beginners	Some skills can be difficult to break down into smaller
Difficult to know which aspect of the skill to	Too much can demoralise performers (esp.
Too many of these points can be hard to know which	Can be difficult to access high level experience (esp.
Can be demotivating in scenarios where there is	Too much can make performance seem better

Task 4 - Match up the sporting examples with the different types of feedback combinations.

Sporting Examples	Feedback Combinations
The crowd cheering when a putt goes in.	
The performer feels that they put too much	Extrinsic Knowledge of Results
The coach praising the swimmer on their arm	
The captain telling the goal shooter they are	
The gymnast feeling the beam beneath their feet	Intrinsic Knowledge of Performance.
The tennis player sees their shot land in and	
Slalom Skier feels they are slipping on the ice	

Task 5 - AQA Exam Questions **HERE**