



The Importance of Feedback

Objectives

- To understand the different types of feedback and their importance

Starter

- Read Intrinsic and Extrinsic feedback p124

Intrinsic Feedback

- Intrinsic = Internal
- Proprioception . information from your muscles, joints, skin and organs . tell you about your performance
- Stand on 1 leg!!!



Extrinsic Feedback

- Extrinsic = external
- Feedback from outside sources
- See it . ball goes into the basket or not!
- Hear it - Score . crowd and team mates congratulate you
- Coach gives you information on how you performed



Knowledge of Performance

- How well or badly you have done
 - Coach, teachers, friends
 - Proprioception . Internal feedback
 - Video of performance



Knowledge of results

- Did you get the result you wanted?
 - Football into net
 - Listening/watching the score
 - Proprioception . landing a somersault correctly



Knowledge of Performance (KP)



Knowledge of Results (KR)



The Full Picture

"Perform badly but win (because opposition were worse)

"Perform well but lose (because the opposition were better)

"You need KP and KR to get the full picture

4 Principles of Feedback

1. Feedback is essential for improvement (KP+KR)
2. Given as soon as possible
3. Clear and to the point
4. Enough time to reflect before next attempt

Key Words

- Intrinsic Feedback
- Proprioception
- Extrinsic Feedback
- Knowledge of Performance
- Knowledge of Results