

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</p> <p>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>Concurrent</b>	<p>Concurrent feedback is given <b>during a game</b></p>	<p>Used by <b>experienced</b> and <b>less experienced</b> athletes and can be <b>intrinsic</b> or <b>extrinsic</b> E.g.</p> <p>A gymnast may alter their body position during a somersault to perform it correctly (intrinsic)</p> <p>A coach may tell the performer to point their toes during a somersault, this will aid performance (extrinsic)</p>
<b>Terminal</b>	<p>Terminal feedback is given after the performance</p> <p>This may be due to the rules or the skill not being suitable</p> <p>Feedback should be given as soon as possible after the performance</p>	<p>E.g. A Gymnast performs a practice somersault. The coach would give feedback on how to improve the skill. The gymnast then performs again</p>

## Feedback

The ability and experience of a performer and the type of skill will affect the type of feedback given!

### Effective feedback is used to:

- Provide information about the skill being performed
- Help improve performance or the skill
- Reinforce good practice

### To be effective it must:

- Be short and concise  
(you can only process small amounts of information)
- Be given as soon as possible  
(while it is still fresh in their memory)
- Be relevant to the performer  
(specific to them not the whole group)

## Summary



Intrinsic Feedback	Extrinsic Feedback	Concurrent Feedback	Terminal Feedback
An experienced performer uses intrinsic feedback from their muscles to adjust their body position to perform the skill successfully	A less experienced performer gets extrinsic feedback from their coach to explain how their performance can be improved	A coach gives concurrent feedback during a game of basketball	Team GB cycling team analyse data and performance after a race so feedback can be given to improve performance