Discuss The Role Of Feedback In The Learning Of Skills

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   The role of feedback is very important in the learning of skills. Feedback also plays an important role in guidance as they are very much associated with each other. Guidance is the information the trainee has been told related to the task ahead, whereas feedback is information about what we have done for example if I was playing tennis and I was getting guidance and I done something good the trainer would they praise me to give me more motivation. There are many different types of feedback which could be told but this often depends on the trainee and the activity itself. The feedback must also be accurate, understandable, concise and constructive. Feedback can be, positive, negative, extrinsic/augmented, intrinsic, terminal, concurrent, knowledge of performance and knowledge of results.
   Positive feedback is when you give the trainee information about what they have done correctly. This is really important as we can then carry on doing what we have done correct, if we don't receive positive feedback we will then change the way we perform until we get told it's the correct way. For example we may get told in football that the accuracy was good because we looked at the ball as we struck also the power was good because we positioned our feet well when we struck the ball. Positive feedback also builds confidence for beginners when they perform and also motivates them to become better. Negative feedback is not just what is incorrect about the skill, it also includes, how to improve and to put right any errors during the skill. This type of feedback is effective as you can progress and learn but sometimes too much feedback can de-motivate a performer even though it is a form of creative criticism. This type of feedback is critical to experts if they want to fine-tune their techniques for example a trampoline performer may perform a backwards somersault with a pike. The teacher would say you need to keep your legs straight if you want to improve.
   Extrinsic/augmented feedback is when the feedback comes from outside the player, for example from a coach, teacher or friends. Intrinsic feedback comes within the performer. This is basically a response which gives the performer a feel of how the skill is meant to

be performed through kinaesthetic sense. Terminal feedback is when the trainer gives information after or even before the performance. Concurrent feedback is gathered during the performance of the skill, for example if I was taking a free throw in basketball and I held the ball wrong extrinsic feedback could be used as the coach/teacher could shout out information I need to correct the skill or even intrinsic feedback could be used as I could feel that the movement was wrong so I could correct myself and enhance my performance.

   Also another type of feedback can help improve a skill in another performance is knowledge of performance. This can be either intrinsic or extrinsic. A good example of this would be after a football game when a coach has gave you information about your performance and also you could feel that you haven't played well. This will be both positive and negative feedback. Knowledge of results is extrinsic, this is the outcome of how well you have performed. For example a gymnasts score by the judges or even the result at the end of a tennis game. Performers used to be only interested in the results rather than what they have achieved but now research has shown that performers are taking more interest to the knowledge of performance rather than the knowledge of results. Overall the feedback has a big impact in learning of new skills, it boosts the confidence of youngsters and also motivates them. Feedback also helps athletes to enhance their performance as when given feedback they will be able to identify where they went wrong and how to improve it.

Bibliography- Advanced PE for edexcel, authors- Frank Galligan, Colin Maskery, Jon Spence, David Howe, Tim Barry, Andy Ruston Dee Crawford.
Word Count- 661