Your notes

GCSE PE: revision notes

Guidance and feedback

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Types of guidance

- **Visual guidance**: demonstrations, videos or diagrams. Good for beginners, who can see what the skill should look like.
- **Verbal guidance**: telling the performer what to do. Useful alongside **visual guidance**, but too much information can overload a beginner.
- **Manual guidance**: physically moving or supporting the performer, such as holding a gymnast during a handspring. It builds confidence and safety.
- **Mechanical guidance**: using equipment to help, such as a float in swimming or a harness in trampolining.

Types of feedback

- **Intrinsic feedback** comes from within, from how the movement felt. **Extrinsic feedback** comes from others, such as a coach.
- Concurrent feedback happens during the movement; terminal feedback comes after it.
- **Knowledge of results** is about the outcome, such as whether the ball went in. **Knowledge of performance** is about the quality of the technique.
- Positive feedback praises what went well; negative feedback points out what went wrong so it can be corrected.

Matching to performers

- Beginners need visual and **manual guidance**, **extrinsic feedback**, **knowledge of results** and positive feedback to stay motivated.
- Experienced performers can use **verbal guidance**, **intrinsic feedback**, **knowledge of performance** and negative feedback to fine-tune skills.

Key terms

Visual guidance	Showing a performer what to do, such as a demonstration.

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Verbal guidance	Telling a performer what to do.
Manual guidance	Physically supporting or moving the performer.
Mechanical guidance	Using equipment to help the performer, such as a float.
Intrinsic feedback	Feedback from within, about how the movement felt.
Extrinsic feedback	Feedback from outside, such as from a coach.
Knowledge of results	Feedback about the outcome of a movement.
Knowledge of performance	Feedback about the quality of the technique.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. Which type of guidance is a demonstration?
2. Which type of guidance is using a float in swimming?
3. Which type of guidance is a coach holding a gymnast during a handspring?
4. What is intrinsic feedback?
5. What is knowledge of results?
6. What is knowledge of performance?
7. Which feedback best suits a beginner?
8. What is a drawback of verbal guidance for a beginner?

Answers

1. Visual guidance
2. Mechanical guidance
3. Manual guidance
4. Feedback from how the movement felt
5. Feedback about the outcome
6. Feedback about the quality of the technique
7. Positive, extrinsic feedback
8. Too much information can overload them

What to do next

Practise 11 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

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