

Activity 1:

Living Scale

A simple activity integrating movement in the delivery of feedback, here, the gym or pitch becomes a scale.

Description

- At the one end or corner of the gym or pitch, you have one extreme (100%, “I totally agree”, “I knew it all”, “exceeded” etc.) at the other end or corner the other extreme (0%, “I don’t agree at all”, “A lot of things were new to me”, “disappointed” etc.).
- The workshop instructor writes the questions on the board or speaks them out aloud.
- The students or athletes must position themselves depending on their own opinion, without talking to each other.
- The results can be documented through taking pictures or notes.

Discussion questions

Reflect

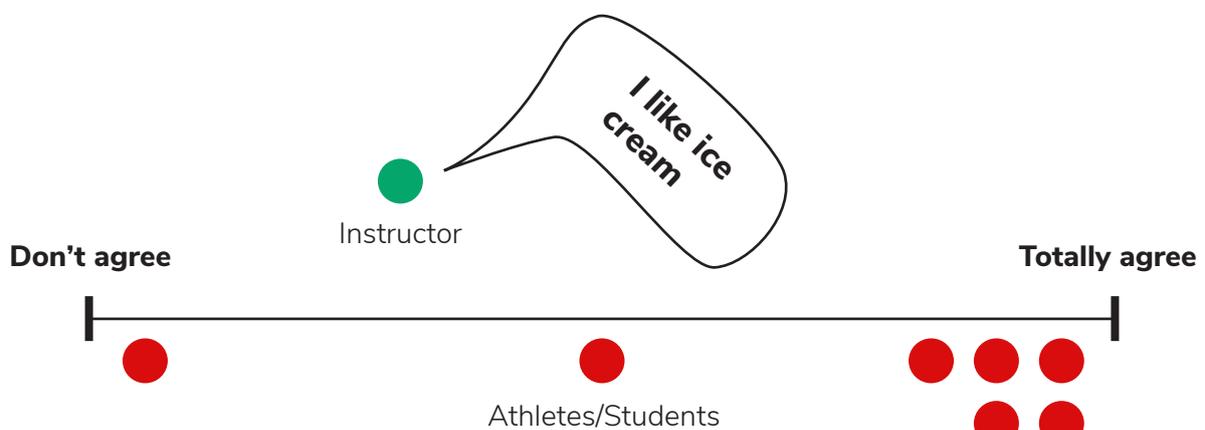
As physical education teachers or coaches, how was your experience with this feedback approach? Would you use it within your groups?

Connect

How does the Living Scale approach compare to other methods of feedback collection that you’ve tried in the past?

Apply

What do you think are some of the important elements in collecting and receiving feedback? Is feedback important to you? Why?



Facilitation notes

The facilitator should collect questions and responses in written or photographic form, this allows for the evaluation and comparison of results over time. Facilitators should also avoid being defensive when receiving negative feedback. The goal is to create an open atmosphere of feedback and to receive useful, actionable input from the students or athletes.

Number of Teachers or Coaches	1-2
Number of Students or Athletes	8+
Typical Age Group	8+
Time Needed	15 minutes
Space Needed	Classroom or sport setting
Materials Needed	<ul style="list-style-type: none">• Paper or flipcharts• Pens or pencils
Activity Objective	To obtain group feedback in a systematic yet fun and simple way.
Related Unit	Unit 4
Related Learning Competences	Monitoring and Reviewing, listening, critical thinking and analysis