

TASK ANALYSIS
Fitnessgram Curl-up

SKILL: Curl-up

VISUAL DESCRIPTION: Students will curl-up to recorded cadence for as long as possible. One error allowed.

MOVEMENT SEQUENCE

VERBAL CUES

1. Lay on back, knees bent

curl up position

2. Fingers at edge of measuring strip

fingers in position

3.* Curl up on command

Up

4. *Fingers slide to other side of strip

Fingers

5. *Feet on floor

Feet

6. Curl down on command

Down

7. *Head most touch

Head

8.

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: physical fitness level will determine ability

SKILL: Discrete

ENVIRONMENT: use mats. Test small groups

CHECKLIST:

Student	2 fingers	Count	Multiply	Record
1				
2				
3				
4				