

**TASK ANALYSIS**  
**Fitnessgram Pacer**

SKILL: Pacer Test

VISUAL DESCRIPTION: Students will run 20 meters back and forth when the beep sounds. Feet must remain behind line until beep. Must cross line before the beep. Pace increases at each level. One mistake is allowed.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

**1. Line up at the start**

**line up**

**2. \*On the word start, run 20 meters**

**start**

**3. \*Wait behind line for “beep”**

**wait for beep**

**4.\* Cross line before “beep”**

**cross line**

**5. Pace will increase**

**pick up pace**

**6. \*Continue until 2<sup>nd</sup> miss or tired**

**2<sup>nd</sup> mistake**

**7.**

**8.**

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: physical fitness level will determine ability

SKILL: Discrete

ENVIRONMENT: Possible to test larger groups with practice

**CHECKLIST:**

Student	Start	Wait for beep	Cross line	2 <sup>nd</sup> mistake
1				
2				
3				
4				