

TASK ANALYSIS
Warm-up, Workout, Cool Down

SKILL: Demonstrate the 3 parts of an exercise routine

VISUAL DESCRIPTION: Students will demonstrate activities for each area of an exercise routine.

MOVEMENT SEQUENCE	VERBAL CUES
1. *Walk or slow jog, arm movements	warm-up
2. Increase speed or intensity	pick-up pace
3. * Breathing and heart rate increase	working
4. *Continues for 15 – 20 minutes	keep it going
5. *Slow movements, walk/jog	slow down
6. Breathing/heart rate near normal	cool down
7.	
8.	
* 4 Most Critical Points.	

COMPLEXITY VARIABLES

LEARNER: comprehension level of most students should make this task easy to achieve

SKILL: Discrete

ENVIRONMENT: Students will follow directions of teacher as told to warm-up, workout or cool down.

CHECKLIST:

Student	Warm-up	Working	Keep it going	Slow down
1				
2				
3				
4				