

TASK ANALYSIS
Pull-up

SKILL: Push-Up

VISUAL DESCRIPTION: Lie down stomach to floor with hands placed about shoulder width. Driving toes into floor, keep legs and body straight and stabilized while using the chest, shoulders, and arms to push body up until arms are fully extended.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|---|---------------------------|
| 1. Lie in prone position, stomach to the floor. | “Stomach to floor” |
| 2. *Place hands under shoulders, fingers spread out. | * “Arms ready” |
| 3. Legs straight, slightly apart, toes tucked under. | “Legs ready” |
| 4. *Push up with arms until fully extended. | * “Push up” |
| 5. *Keep legs and back straight throughout. | * “Body straight” |
| 6. Lower body by bending elbows. | “Lower body” |
| 7. *Finish when upper arm is 90 degrees to floor. | * “90 degrees” |

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner / Intermediate

SKILL: Serial

ENVIRONMENT: Closed

CHECKLIST:

Student	Arms Ready	Push up	Body straight	90 degrees
1				
2				
3				
4				