

TASK ANALYSIS
Fitnessgram Push-up

SKILL: Push-up

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

MOVEMENT SEQUENCE

VERBAL CUES

1. Lay on front, hand under shoulders

face down

2. Fingers point forward

fingers

3.* Arms extended

Up position

4. *Arms bend to 90 degrees on down

Down

5. *Lower and raise with command

Timing

6. *Body remains level

Body

7.

8.

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: physical fitness level will determine ability

SKILL: Discrete

ENVIRONMENT: use mats. Test small groups

CHECKLIST:

Student	Arms extended	90 degrees	Timing	Body
1				
2				
3				
4				