

TASK ANALYSIS
Fitnessgram Sit & Reach

SKILL: Sit and Reach Test

VISUAL DESCRIPTION: Students will extend one leg against measuring box. Opposite leg is bent with sole of foot on floor even with knee of extended leg. One hand on top of other. Student reaches forward 3 times and holds position on 4th count. Measure to ½ inch. Repeat with other leg.

MOVEMENT SEQUENCE

VERBAL CUES

1.* Sit facing box with 1 leg extended

leg straight

2. Opposite leg is bent

bend leg

3. *Foot of bent leg flat on floor

foot flat

4. *Hands on top of one another

hands together

5. *Teach forward

1, 2, 3, 4 hold

6. Repeat with other leg

switch legs

7.

8.

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: physical fitness level will determine ability

SKILL: Discrete

ENVIRONMENT: Must test one student at a time

CHECKLIST:

| Student | Leg straight | Foot flat | Hands together | 1, 2, 3, 4 hold |
|---------|--------------|-----------|----------------|-----------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |