

**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.

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

**\* 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				