Task Analysis: One-handed frisbee catch

Visual Description: Body is facing approaching frisbee with arms and hands ready to rise or lower. If frisbee is high, thumb will be down as receiving and squeezes together with fingers to catch, if low, thumb will be up and squeeze together with fingers to enclose frisbee.

Movement Sequence **Action**	**Movement Cues**
1. Body faces approaching frisbee	Body faces frisbee
2. Get in athletic stance	Athletic stance
3. Fingers up if frisbee high, down if low	Anticipate height
4. Open hand to receive	Open hand
5. Squeeze fingers and thumb on frisbee	Catch it

Four most critical points

1. Body faces Frisbee
2. Anticipate height
3. Open hand
4. Catch it

Task Complexity Variables
Instructional Objective Resource Information

Learner: Middle school (6-7th grade)

Task (Criterion): Discrete

Environment (Condition): open, Plastic Frisbee, slow to moderate speed of Frisbee, minimal wind, inside or outside

Student	Body faces frisbee	Anticipate height	Open hand	Catch it