

TASK ANALYSIS
Worksheet 15

SKILL: Jump Rope

VISUAL DESCRIPTION: Jumping over a rotating rope that encircles the body.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|---|-------|
| 1. Start rope behind the feet | Start |
| 2. Keep hands at side | Side |
| 3. *Pull rope up over head | Pull |
| 4. *Look for rope at eye level | Eye |
| 5. *Begin to jump off ground | Jump |
| 6. *Rope slides across ground while being jumped over | Slide |
| 7. Repeat | |
| 8. | |

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner / Intermediate

Skill: Continuous / Serial

ENVIRONMENT: Closed

CHECKLIST:

Student	Pull	Eye	Jump	Slide
1				
2				
3				
4				