

## TASK ANALYSIS

SKILL: Push Up

VISUAL DESCRIPTION: Pushing of the body up while only the hands and feet touch the floor and the body stays straight. Once the arms are fully extended they return back to starting position.

### MOVEMENT SEQUENCE

### VERBAL CUES

- |   |        |
|---|--------|
| 1. Lay flat on your stomach.                        | Lay    |
| 2. *Arms shoulder width apart, with hands on floor. | Hands  |
| 3. *Up on toes and hands                            | Up     |
| 4. Feet together                                    | Feet   |
| 5. *Come down until arms are at a 90 degree angle   | 90     |
| 6. *Extend arms until fully extended                | Extend |
| 7. Return to starting position                      | Return |

**\* 4 Most Critical Points.**

### COMPLEXITY VARIABLES

LEARNER: Beginner / Intermediate

SKILL: Serial

ENVIRONMENT: Closed

### CHECKLIST:

Student	Hands	Up	90	Extend
1				
2				
3				
4				