

TASK ANALYSIS

SKILL: Sit up

VISUAL DESCRIPTION: Lying on back with feet on the floor. Then bending so the upper body is lifted towards the knees.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|--------|
| 1. Lay on Back | Lay |
| 2. *Bend knees so bottom of feet are on the ground | Bend |
| 3. * Hands crossed on the chest | Cross |
| 4. * Use abdominals to bring upper body to knees | Sit-up |
| 5. Release air in lungs while going up | Exhale |
| 6. *Reach full sitting position | Sit |
| 7. Return to starting position | Return |
| 8. Repeat steps 4-6 | Repeat |

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner / Intermediate

SKILL: Serial

ENVIRONMENT: Closed

CHECKLIST:

Student	Bend	Cross	Sit-up	Sit
1				
2				
3				
4				