

## TASK ANALYSIS

SKILL: Curl up \_\_\_\_\_

VISUAL DESCRIPTION: Lying on back with feet on the floor and hands on the strip of paper. Curling forward to extend the fingers to the other end of the strip.

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MOVEMENT SEQUENCE	VERBAL CUES
1. Lay on Back	Lay
2. *Bend knees so bottom of feet are on the ground	Bend
3. * Fingers resting on top edge of strip	Fingers
4. * Use abdominals to extend fingers to other side of strip	Slide
5. Release air in lungs while going up	Exhale
6. *Reach other side of strip and hold for cue	Down
7. Return to starting position	Return
8. Repeat steps 4-6	Repeat
<b>* 4 Most Critical Points.</b>	

### COMPLEXITY VARIABLES

LEARNER: Beginner / Intermediate

SKILL: Serial

ENVIRONMENT: Closed

#### CHECKLIST:

Student	Bend	Cross	Sit-up	Sit
1				
2				
3				
4				