

TASK ANALYSIS
Box Jump

SKILL: Box Jump

VISUAL DESCRIPTION: Start on the ground w/ feet shoulder width apart, facing the box. Squat slightly and, using the double arm swing, jump from the ground onto the box. Land w/ "soft feet". Jump off of box backwards.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|-----------------------|
| 1. <u>Squat slightly/arm at side</u> | <u>Ready position</u> |
| 2. <u>*Double arm swing</u> | <u>*Swing</u> |
| 3. <u>*Jump up onto box (fast)</u> | <u>*Jump</u> |
| 4. <u>Bring arms back to sides</u> | <u>Arms down</u> |
| 5. <u>Push off w/ feet</u> | <u>Push off</u> |
| 6. <u>*Backward jump (fast)</u> | <u>*Jump</u> |
| 7. <u>*Land in controlled position</u> | <u>*Finish</u> |
| 8. <u>Repeat</u> | <u>Again</u> |

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner

SKILL: Serial

ENVIRONMENT: closed. Boxes =18", 24" and 30"

CHECKLIST:

Student	Stance	Arm swing	Bkwrd Jump	Finish
1				
2				
3				
4				