

TASK ANALYSIS
Depth Jump

SKILL: Depth Jump

VISUAL DESCRIPTION: Stand on the box, toes close to the front of the edge. Step from the box and drop to land on both feet. Try to anticipate the landing and spring up as quickly as you can. Keep the body from “settling” on the landing and make the ground contact as short as possible.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|----------|
| 1. Stand on the box | Ready |
| 2. *Step from the box | Step off |
| 3. *Land on both feet | Feet |
| 4. *Throw arms up over head | Arms |
| 5. *Leave the floor as quickly as possible | Jump |
| 6. Reach as high as possible | Reach |
| 7. | |
| 8. | |

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner

SKILL: Serial

ENVIRONMENT: Closed (Boxes=12”, 24” and 30”)

CHECKLIST:

Student	Step off	Feet	Arms	Jump
1				
2				
3				
4				