

**TASK ANALYSIS**  
**Single/Side-to-Side Jump**

SKILL: Single Foot Side-to-Side Ankle Hop

VISUAL DESCRIPTION: Stand on one foot between two cones. Hopping from one foot to the other, land on the right foot next to the right cone, then the left foot next to the left cone. Continue hopping back and forth.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- |  |                |
|--|----------------|
| 1. <u>*Stand on one foot between two cones</u> | Ready position |
| 2. <u>Bend knee slightly</u>                   | Coil           |
| 3. <u>Arms out to side for balance</u>         | Balance        |
| 4. <u>*Hop over cones on one foot</u>          | Hop            |
| 5. <u>*Land on opposite foot</u>               | Soft feet      |
| 6. <u>*Recoil and repeat</u>                   | Repeat         |
| 7. _____                                       | _____          |
| 8. _____                                       | _____          |

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: Beginner

SKILL: Serial

ENVIRONMENT: Closed

**CHECKLIST:**

Student	Ready position	Hop	Soft feet	Repeat
1				
2				
3				
4				