

**TASK ANALYSIS**  
**Standing Long Jump**

SKILL: Standing Long Jump

VISUAL DESCRIPTION: Stand in a semi-squat with feet shoulder width apart. Using a big arm swing and a counter-movement (flexing) of the legs, jump forward as far as possible and land on a soft surface.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- |  |                |
|--|----------------|
| 1. *Squat w/ feet shoulder width apart | Ready Position |
| 2. Big arm swing backward              | Swing          |
| 3. Counter Movement (flex) of legs     | Legs           |
| 4. *Rock onto the toes                 | Load           |
| 5. *Throw arms forward                 | Arms forward   |
| 6. *Jump forward as far as possible    | Explode        |
| 7. Land on both feet                   | Soft feet      |
| 8.                                     |                |

- 4 Most Critical Points.

**COMPLEXITY VARIABLES**

LEARNER: Beginner

SKILL: Discrete / Serial

ENVIRONMENT: Closed

CHECKLIST:

Student	Squat	Load	Arms forward	Explode
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- 1
- 2
- 3
- 4

