

TASK ANALYSIS
Arm Swing

SKILL: Arm Swing

VISUAL DESCRIPTION: Performer will start with ball in front of the body with at waist level. The two middle fingers and the thumb should go in the holes of the ball. (In a “hook ‘em Horns fashion). The ball is supported by the opposite hand. To start the arm swing the performer will extend the bowling arm out in front and then bring the ball down and back. The ball will then be pushed forward and released to start the follow through.

MOVEMENT SEQUENCE	VERBAL CUES
1. Ball held in front at waist	Waist.
2. Fingers and thumb in holes	Hook ‘em.
3. Opposite hand support.	Support.
4. *Bowling arm out in front	Ball out.
5. *Ball swung down.	Ball down.
6. *Ball Swung back.	Ball back.
7. *Ball pushed forward.	Ball forward.
8. Release and follow through.	Release.
* 4 Most Critical Points.	

COMPLEXITY VARIABLES

LEARNER: Eighth/ninth grade student.

SKILL: Discrete, gross motor.

ENVIRONMENT: Closed loop. .

CHECKLIST:

Student	Ball Out	Ball Down	Ball Back	Ball Forward
1				
2				
3				
4				

