

TASK ANALYSIS

Hop

VISUAL DESCRIPTION: With one foot in contact with the floor, students will push off the floor by bending the knee to move in an upward or forward direction

MOVEMENT SEQUENCE

VERBAL CUES

1. **Lift one foot behind your body**

* **Foot**

2. **Push off floor**

* **Push**

3. **Move forward / upward**

4. **Use arms to balance**

* **Arms**

5. **Land softly**

* **soft landing**

* **4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: K-2

SKILL: Continuous

ENVIRONMENT: Self space; around gym

CHECKLIST:

Student	foot	Push	Arms	Soft landing
1				
2				
3				
4				