

TASK ANALYSIS
Jump

VISUAL DESCRIPTION: Student will stand with feet together side by side with knees bent and both arms back. They will simultaneously put pressure on both feet, unbend knees and swing arms forward. Landing with feet together, knees bent and arms bent.

MOVEMENT SEQUENCE	VERBAL CUES
1. Stand with feet together	1. Feet
2. Bend knees	* 2. Knees
3. Arms back	*3. Arms
4. Swing arms forward	* 4. Swing
5. Push off on floor	* 5. Jump
6. Feet land together	6. Together
7. Knees bend	7. Bend
* 4 Most Critical Points.	

COMPLEXITY VARIABLES

LEARNER: Skill level, comprehension, muscular strength and coordination

TASK: Serial, closed loop

ENVIRONMENT: Self-space, width of line

CHECKLIST:	KNEES	ARMS	SWING	JUMP
Student				
1				
2				
3				
4				