

**TASK ANALYSIS**  
**Leap**

**VISUAL DESCRIPTION:** From slow run forward, push off one foot to rise in the air, separate the legs to a stride position, and land on the front foot with the knee slightly bent.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- |   |       |
|---|-------|
| 1. Bend the knee of the leg you are going to leap from.   | BEND  |
| 2. Push off your toe, bring your opposite knee up, the arm on the same side of the body as the leaping leg should be going up and the opposite arm should be back. Use your arms to help you gain height. | PUSH  |
| 3. Extend your leg after your knee is up.   | REACH |
| 4. Land on the outreach leg with the knee slightly bent, arms forward, back leg is bent.  | LAND  |
| 5. Step to continue your movement.  | STEP  |

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: Developmentally appropriate for K-2

SKILL: Serial (2 out of 3)

ENVIRONMENT: \_Students can leap over designated lines on the floor, over cones or other objects that would be appropriate; looking for correct form not distance.

CHECKLIST:

Student	BEND	PUSH	REACH	LAND
1				
2				
3				
4				