**TASK ANALYSIS**
**Running**

**VISUAL DESCRIPTION:** Propelling the body forward at a fast pace with the body in an upright position striking on the balls of the feet. The arms are bent and swing in opposition to the legs.

| MOVEMENT SEQUENCE | VERBAL CUES |
|---|---|
| **1. Body upright, slight lean forward** | *** 1. Upright** |
| **2. Eyes and head forward and still** | **2. Eyes** |
| **3. Elbows bent, swinging in opposition** | ***3. Arms** |
| **4. Run on balls of feet** | *** 4. Balls** |
| **5. Drive thighs up** | *** 5. Thighs** |
| **6. Kick heels high** | **6. Heels** |

*** 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: Developmentally appropriate for K-2, skill level, comprehension, coordination

SKILL: Continuous

ENVIRONMENT: Sharing personal/general space, distance, speed, pathways, to drumbeat

CHECKLIST:

| Student | Upright | Arms | Balls | Thighs |
|---|---|---|---|---|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |