

**TASK ANALYSIS
WALKING**

VISUAL DESCRIPTION: Propelling body forward with body in upright aligned position landing in a heel-toe foot placement, with arms swinging in opposition to the legs.

MOVEMENT SEQUENCE

VERBAL CUES

1. Stand tall, arms at side

*** 1. Stand**

2. Head and eyes forward

*** 2. Eyes forward**

3. Shoulders back, stomach in

3. Shoulders back

4. Step heel-toe with toes pointing straight ahead

*** 4. Heel-toe**

5. Arms swing in opposition to legs

*** 5. Arm swing**

*** 4 Most Critical Points**

COMPLEXITY VARIABLES

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

SKILL: Continuous

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

CHECKLIST:

“stand”

“eyes forward”

“heel-toe”

“arm swing”

Student	“stand”	“eyes forward”	“heel-toe”	“arm swing”
1				
2				
3				
4				