

TASK ANALYSIS
Egg Roll

SKILL: Egg Roll

VISUAL DESCRIPTION: Student lies on their back. Knees are hugged to the chest, elbows into their sides, chin tucked between the knees. Roll sideways so they finish on their knees. Push with hands and knees as they contact the mat to facilitate momentum.

MOVEMENT SEQUENCE

VERBAL CUES

1. Lie on back

* “Back”

2. Knees on chest

“Hug knees”

3. Elbows at sides

“Arms in”

4. Chin tucked

* “Tuck”

5. Roll sideways onto knees

* “Roll”

6. Push with hands and knees

*“Push”

7. Stop at end of mat

“Stop”

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Skill level, comprehension, coordination Kindergarten skill level.

SKILL: Serial

ENVIRONMENT: Personal space, 3 continuous rolls the length of the mat

CHECKLIST:

| Student | Back | Tuck | Roll | Push |
|---------|------|------|------|------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |