

TASK ANALYSIS
Log Roll

VISUAL DESCRIPTION: Student will roll laterally keeping the body in a straight outstretched position,.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Lie on tummy in an outstretched position 2. Clasp hands together, keep feet together 3. Roll sideways 4. Rotate hands and feet at same time 5. Roll at a moderate, smooth pace 6. Stop at the end of the mat | <p>* “Pencil shape”</p> <p>“Hands and feet”</p> <p>* “Roll”</p> <p>“Same time”</p> <p>* “Smooth”</p> <p>* “End”</p> |
|--|---|

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Skill level, comprehension, coordination

SKILL: Serial

ENVIRONMENT: Self space on a tumbling mat

CHECKLIST:

Student	Pencil shape	Roll	Smooth	End
1				
2				
3				
4				