

TASK ANALYSIS
Forward Roll

VISUAL DESCRIPTION: Students begin in a crouch or squat position. Place hands on mat in front of toes and shoulder-width apart. The head is tucked between the knees with chin close to chest and elbows are inside the knees also. The seat is lifted into the air as the toes and hands push off to propel body into a rolling position. The students should land on the tops of their shoulders keeping the body in a curled position to finish on their feet.

Movement Sequence	Cues
1. Crouch	* “Crouch”
2. Hands in front of feet	“Hands”
3. Tuck chin, knees inside arms	* “Tuck”
4. Lift seat high in the air	* “Lift seat”
5. Push off floor	* “Push”
6. Land on shoulders first	“Shoulders”
7. Finish in crouch position	“Crouch”

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Skill level, comprehension, muscular strength and coordination. Kindergarten skill level.

SKILL: Serial, closed loop

ENVIRONMENT: Self space on tumbling mat

CHECKLIST:

Student	“Crouch”	“Tuck”	“Lift”	“Push”
1				
2				
3				
4				

