

TASK ANALYSIS – Underhand Strike with Hand

VISUAL DESCRIPTION: Students using their hand to underhand strike a balloon upward keeping it from touching the floor.

MOVEMENT SEQUENCE

1. Balloon in opposite hand of striking hand
2. Opposite foot forward of striking hand
3. Knees slightly bent
4. Hold balloon in front of waist
5. Swing striking hand back
6. Swing striking hand forward
7. Strike balloon upward with hand
8. Follow through with hand

VERBAL CUES

- Hands ready
- Feet ready
- Bend knees
- *Balloon at waist
- *Hand back
- *Hand forward
- *Strike balloon
- Follow through

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: K-2 Enhance Visual Tracking

SKILL: Continuous

ENVIRONMENT: Self space, traveling about gym

CHECKLIST:

Student	Balloon at Waist	Hand Back	Hand Forward	Strike Balloon
1				
2				
3				
4				