

TASK ANALYSIS
Underhand Throw

VISUAL DESCRIPTION: Student using a bean bag will underhand throw the bean bag at a wall target varying in size, shape, and distance to the wall.

MOVEMENT SEQUENCE

1. Ready position
2. Bend knees slightly
3. Dominate hand under ball
4. Swing arm back
5. Step opposite foot
6. Swing arm forward
7. Release at target
8. Follow through

VERBAL CUES

- Feet Apart
- Bend knees
- *Hand under ball
- *Arm back
- *Opposite foot
- *Arm forward
- Point at target
- Follow through

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: K-2 Developmental Level

SKILL: Discrete

ENVIRONMENT: Self space stations

CHECKLIST:

Student	Hand under ball	Arm back	Opposite foot	Arm forward
1				
2				
3				
4				