

TASK ANALYSIS – Overhand Strike with Hand

VISUAL DESCRIPTION: Students using their hand to overhand strike a balloon forward 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 above head**
- 5. Extend striking hand up above head.**
- 6. Swing striking hand forward**
- 7. Strike balloon forward with hand**
- 8. Follow through with hand**

VERBAL CUES

- Hands ready**
- Feet ready**
- Bend knees**
- *Balloon above head**
- *Hand above head**
- *Swing hand forward**
- *Strike balloon**
- Follow through**

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: K-2 Enhance Visual Tracking

SKILL: Continuous

ENVIRONMENT: Traveling about gym

CHECKLIST:

Student	Balloon Head Level	Hand above Head	Swing Hand Forward	Strike Balloon
1				
2				
3				
4				