

**TASK ANALYSIS –Overhand Strike with Paddle
Overhand Paddle Strike**

VISUAL DESCRIPTION: Students using a styro-foam paddle will overhand strike a balloon forward keeping it from touching the floor.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Paddle in dominant hand, balloon in opposite hand 2. Opposite foot forward of paddle hand 3. Knees bent slightly 4. Hold balloon in front above head 5. Extend paddle above head 6. Swing paddle forward 7. Strike balloon forward with paddle 8. Follow through with paddle | <p>Hands ready</p> <p>Feet ready</p> <p>Bend knees</p> <p>*Balloon above head</p> <p>*Paddle above head</p> <p>*Swing paddle forward</p> <p>*Strike balloon</p> <p>Follow through</p> |
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*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: K-2, Enhance Visual Tracking

SKILL: Continuous

ENVIRONMENT: Traveling about gym

CHECKLIST:

Student	Balloon above Head	Paddle Above Head	Swing Paddle Forward	Strike Balloon
1				
2				
3				
4				