

TASK ANALYSIS –Underhand Strike with Paddle

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

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
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| <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 of waist 5. Swing paddle hand back 6. Swing paddle hand forward 7. Strike balloon upward with paddle 8. Follow through with paddle | <p>Hands ready</p> <p>Feet ready</p> <p>Bend knees</p> <p>*Balloon at waist</p> <p>*Paddle back</p> <p>*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: Self space, traveling about gym

CHECKLIST:

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