

Hula-Hoops--Spinning

Task Analysis

Visual Description: Participant stands with feet hip-width or shoulder-width apart, and hoop held by two hands (one at each side) around waist height. Participant then forcefully turns hoop clockwise with a single arm movement, and maintains circular movement of hoop around body by doing large standing hip circles. Hoop slowly circles its way down to ankles.

Movement Sequence	Verbal Cues
1. Stand with feet hip-width or shoulder-width apart. Hold hoop with both hands and at each side.	Ready*
2. Forcefully give hoop a two arm pull/push clockwise & let go.	Spin*
3. Move hips clockwise in big circles. Continue circling hips.	Hula*
4. Begin speeding-up hip circles as hoop travels down body toward feet.	Faster, smaller circles*
5. Stop, pick-up hoop and repeat counter-clockwise.	Other way

***Critical Points**

Task Complexity Variables:

Environment: closed

Skill: continuous

Learner: novice 3rd grade (rhythm, eye-hip coordination)

Assessment:

<i>Student Name</i>	<i>Ready</i>	<i>Start Spin</i>	<i>Hip Circles</i>	<i>Clockwise & Counter-clockwise (direction control)</i>