

Jump Rope-Alternating Side-to Side Skipping

Task Analysis

Visual Description: Students are in ready position with proper grip. Arms swing back and up overhead bringing jump rope around to front of feet. Students hop over rope with right foot and land on left foot, then repeat with a left foot take-off and a right foot landing. Students attempt to alternate landing on either side of the mark.

Movement Sequence	Verbal Cues

***Critical Points**

Task Complexity Variables:

Environment:

Skill:

Learner:

Assessment:

<i>Student Name</i>				