

Jump Rope-Dominant Foot 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 one foot take-off and landing on the same dominant foot.

Movement Sequence	Verbal Cues
1. Grip handles with palms up and thumbs up	Handles
2. Ready position with head up, arms at sides, knees bent & rope behind body	Ready*
3. Arms swing back	Swing backwards*
4. Arms swing up over head	Arms over
5. Arms swing down in front of body	Arms down
6. Pushing off with dominant foot, jump over rope when it is close to feet	One foot*
7. Land on dominant foot only	One foot*

***Critical Points**

Task Complexity Variables:

Environment: closed

Skill: serial

Learner: novice 3rd grade (balance & foot-eye coordination)

Assessment:

<i>Student Name</i>	<i>Ready</i>	<i>Swing Backwards</i>	<i>Dominant foot Takeoff</i>	<i>Dominant foot Landing</i>