

Jump Rope--Non-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 non-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	Over
5. Arms swing down in front of body	Arms Down
6. With non-dominant foot, jump over rope when it is close to feet	One-foot Hop*
7. Land on non-dominant foot	Land one foot*

***Critical Points**

Task Complexity Variables:

Environment: closed

Skill: serial

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

Assessment:

<i>Student Name</i>	<i>Ready</i>	<i>Swing Backwards</i>	<i>One foot take-off</i>	<i>One foot landing</i>