

Jump Rope-2 feet & Side-to-side

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 a two foot take-off and land on both feet to the right of the mark, then repeat landing to the left of the mark.

Movement Sequence	Verbal Cues

*Critical Points

Task Complexity Variables:

Environment:

Skill:

Learner:

Assessment:

<i>Student Name</i>				