

TASK ANALYSIS
Alternate Hop

SKILL: Tinikling Alternate hop

VISUAL DESCRIPTION: While standing next to two tinikling poles, student will hop on left foot twice and then hop on right foot and left foot between the poles. Next the student will hop on right foot outside the poles and then go back between the poles with a left, right hop finishing with hopping twice on left foot.

MOVEMENT SEQUENCE	VERBAL CUES
1. Stand outside poles	Outside
2. Hop twice on left foot	Left-Left*
3. Keep feet high	High feet*
4. Hop on right and left foot in middle Of poles	Hop right-left*
5. Hop on right foot twice outside poles	Right- Right*
6. Hop on left and right going back through poles	Left-right
7. Hop left foot twice outside poles	Left-Left
8. Continue hopping pattern	Continue

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Novice

SKILL: serial

ENVIRONMENT: open

CHECKLIST:

Student	Left-Left	High feet	Hop right-left	Right-Right
1				
2				
3				
4				