

TASK ANALYSIS
Tinikling Hop

SKILL: Tinikling hopping skill

VISUAL DESCRIPTION: While standing on one leg outside two poles, student will hop twice on left foot, hop twice on right foot inside poles, and then crossover left foot in front of right on outside of poles. Go back with right foot between poles and finish with left foot outside poles. Repeat. The hopping will be opposite the location of the poles. The poles will be together when hopping outside the poles and about 18in apart when hopping inside the poles.

MOVEMENT SEQUENCE	VERBAL CUES
1. Stand on left foot outside poles	left
2. Hop twice on left foot outside of poles	Left-Left*
3. Keep foot high	High feet*
4. Hop on right foot twice inside poles	Right- Right*
5. Crossover left foot outside of poles	Crossover
6. Hop on left foot twice outside poles	Left-Left*
7. Go back with right foot hopping twice Inside poles	Back
8. Finish with left foot hopping twice	Left-Left

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Novice

SKILL: Serial

ENVIRONMENT: Open

CHECKLIST:

Student	Left-Left	High feet	Right-Right	Left-Left
1				
2				
3				
4				