

**TASK ANALYSIS WORKSHEET**

SKILL: long jump

VISUAL DESCRIPTION: Student will use increased rhythm towards the jump line and when they approach it, they will jump off of one foot as far as they can.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

**1. Ready position**  
**Head up**  
**Dominant hand forward**  
**Feet staggered with opposite foot forward**

**\* Ready position**  
**head up**  
**dominant hand forward**  
**opposite foot forward**

**2. Increased rhythm towards the jump point**

**Increased rhythm**

**3. Upon reaching the jump site take a slightly larger step**

**\*Large step**

**4. Pull opposite arm back as forcefully as possible**

**Pull arm back**

**5. Jump off of dominant leg**

**\*Jump**

**6. Extend both feet in front of the body**

**Point legs forward**

**7. Lean forward with upper body**

**\*Lean forward**

**8. Land on both feet with arms forward**

**landing**

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: Experience, moderate skill level

SKILL: Discrete

ENVIRONMENT: Closed skill, speed, distance, no opponents, jump of 1 foot, land on 2

CHECKLIST:	Ready Position	Rhythm	Jump	Lean Forward
Student				
1				
2				
3				
4				

