

TASK ANALYSIS

Skill: High Jump

Visual Description: Student will begin in a ready position to begin movement. Student will then begin running in a parallel arc toward the high jump bar. Upon approach to the bar student will jump off ground with dominant foot, swing arms upward, clear the bar and land on safety mat.

Movement Sequence

1. Ready Stance*
 - a. On balls of feet
 - b. Knees bent
 - c. Trunk forward
 - d. Arms poised at sides
 - e. Torso square to bar
 - f. Head up
2. Begin running toward the bar
3. Position legs with long strides
4. Run at bar in a parallel arc*
5. Jump off dominant foot*
6. Swing arms upward with force*
7. Clear body over bar
8. Land safely on cushioned mat

Movement Cues

1. Ready
2. Run
3. Long Strides
4. Arc
5. Dominant foot
6. Swing arms up
7. Clear bar
8. Land safely

***Denotes four most critical points**

Complexity Variables

Learner: Skill level, Control, Spatial Awareness, Experience

Skill: Discrete

Environment: Running Distance, Height, Wind

