

**TASK ANALYSIS**  
**Backbend**

SKILL: Backbend

VISUAL DESCRIPTION: Student will do a backbend by standing with their feet shoulder width apart; arms are positioned at your ears. Student will bend back looking at their finger tips until their hands touch the floor. They need to push through their shoulders using straight arms, drop down to back after holding for 3-5 seconds.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

**1. Stand with feet shoulder width**

**Feet shoulder width**

**2. Arms positioned at ears**

**Arms at ears\***

**3. Bend back looking at fingertips**

**Look at fingertips\***

**4. Place hands on the floor**

**Hands on floor\***

**5. Push through your shoulders using straight arms**

**Push through shoulders\***

**6. Drop down to back after holding position for 3-5 seconds.**

**Drop to back**

**\*4 Most Critical Points**

**COMPLEXITY VARIABLES**

LEARNER: **Novice**

SKILL: **Discrete**

ENVIRONMENT: **Closed skill**

**CHECKLIST:**

Student	Arms at ears	Look at fingertips	Hands on floor	Push through shoulders
1				
2				
3				
4				