

**TASK ANALYSIS**  
**Backward Roll**

SKILL: Backward Roll

VISUAL DESCRIPTION: Student will get in a crouch position, lean backwards to a sit position, roll onto back pushing with their feet, pull knees to chest, body weight forward. Put hands along side of head, palms down and fingers facing feet push hard with hands to help you roll smoothly and finish in the standing position.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

**1. Squat down into a crouch position**

**Squat down\***

**2. Lean backward to a sit position**

**Lean backward**

**3. Roll onto back pushing with your feet**

**Roll onto back\***

**4. Pull knees to your chest, forming a tight ball**

**Knees to chest\***

**5. Body weight forward**

**Body forward**

**6. Put hands along side of head, palms down  
and fingers facing feet**

**Hands by head\***

**7. Push hard with hands to help you roll smoothly**

**Push with hands**

**8. Finish the roll standing on your feet**

**Standing position**

**\*4 Most Critical Points**

**COMPLEXITY VARIABLES**

LEARNER: Novice

SKILL: Discrete

ENVIRONMENT: Closed skill

CHECKLIST:

| Student | Squat down | Roll onto back | Knees to chest | Hands by head |
|---------|------------|----------------|----------------|---------------|
| 1       |            |                |                |               |
| 2       |            |                |                |               |
| 3       |            |                |                |               |
| 4       |            |                |                |               |