

TASK ANALYSIS
Bridge

SKILL: Bridge

VISUAL DESCRIPTION: Student will lie on their back with their knees bent, feet flat on the floor, placing hands on the floor with their thumbs towards their ears. Student will lift hips off the floor by pushing up with their arms; head should never rest on the floor. (If student can't lift their body off the floor they should try and lift their hips). Hold for 3-5 seconds, gently lay body back on floor.

MOVEMENT SEQUENCE

VERBAL CUES

1. Student will lie on back

Lie on back*

2. Knees bent, feet flat on floor

Bend knees*

3. Place hands on floor

Thumbs toward ears*

4. Lift body off floor with arms

Push with arms*

5. Raise head off floor

Raise head

6. Hold for 3-5 seconds

Hold position

7. Lay body back down on floor

Lay body 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				