

TASK ANALYSIS
Headstand

SKILL: Headstand

VISUAL DESCRIPTION: Student will squat down, place hands and head on mat in a triangular position. Place knees on elbows and balance body. Move feet slowly upward over the head. Position feet together with legs straight and toes pointed. Maintain a balanced position.

MOVEMENT SEQUENCE

VERBAL CUES

1. Squat down

Squat

2. Place hands and head in a triangular position on a mat

Triangle*

3. Place knees on elbows

Knees on elbow*

4. Move feet up slowly over the head

Move feet slowly*

5. Position feet together with straight legs

Feet together

6. Point toes toward the ceiling

Point toes

7. Maintain a balanced position

Balance*

***4 Most Critical Points**

COMPLEXITY VARIABLES

LEARNER: Novice

SKILL: Discrete

ENVIRONMENT: Closed skill

CHECKLIST:

Student	Triangle	Knees on Elbow	Move feet slowly	Balance
1				
2				
3				
4				