

TASK ANALYSIS
One-Handed Cartwheel

SKILL: One Handed Cartwheel

VISUAL DESCRIPTION: Student will do a cartwheel starting in a lunge position (arms up at ears, bend front leg with foot turned out, keep back leg straight with foot turned out (side or front). Lift back leg bend at waist and place opposite hand on floor, place other hand at side kicking legs over, legs should straddle/split in the air. Finish in a lunge position. *When doing a cartwheel place your right hand down first your right leg should be bent in the lunge, if you place your left hand down first your left leg should be bent in the lunge.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|---|-------------------------------|
| 1. Lunge (left or right) | Hand and leg the same* |
| 2. Lift back leg up and bend at the waist | Lift leg |
| 3. Place opposite hand on floor | Hand on floor* |
| 4. Other arm placed at your side | Arm at side* |
| 5. Kick legs over in a straddle/split in the air | Split legs in the air |
| 6. Place back foot down, than front foot | Foot, Foot* |
| 7. Finish in a lunge position | Finish in lunge |
| 8. Has a 1-2-3-4 count as each hand/foot touch the floor | 1-2-3-4 count |

***4 Most Critical Points**

COMPLEXITY VARIABLES

LEARNER: **Novice**

SKILL: **Discrete**

ENVIRONMENT: **Closed skill**

CHECKLIST:

Student	Hand leg the same	Hand on floor	Hand on floor	Foot, foot
1				
2				
3				
4				