

TASK ANALYSIS
Round-Off

SKILL: Round-off

VISUAL DESCRIPTION: Student will do a round-off starting in a lunge position (arms up at ears, bend front leg with foot turned out, keep back leg straight with foot turned out (front). Take slight step forward with lead leg, lift back leg bend at waist place both hands on floor, turning them half way, snap your legs down together, place arms at your ears and rebound up from your toes.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|-------------------------------|
| 1. Lunge (left or right) | Hand and leg the same* |
| 2. Take slight step forward and lift back leg up | Lift back leg |
| 3. Bend at the waist | Bend |
| 4. Place both hands on floor, turning them half way | Hands turn halfway* |
| 5. Snap your legs down together | Snap legs down* |
| 6. Finish with arms at ears | Arms up |
| 7. Rebound up, pushing from your toes | Rebound* |

***4 Most Critical Points**

COMPLEXITY VARIABLES

LEARNER: Novice

SKILL: Discrete

ENVIRONMENT: Closed skill

CHECKLIST:

Student	Hand leg the same	Hands turn halfway	Snap legs down	Rebound
1				
2				
3				
4				