

GROSS MOTOR

TASK ANALYSIS VISUALS AIDES

LOCOMOTOR

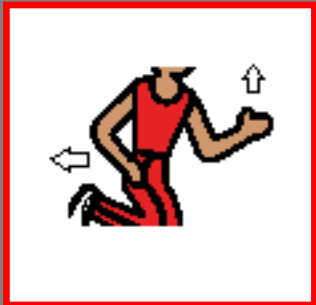
OBJECT CONTROL

RUN



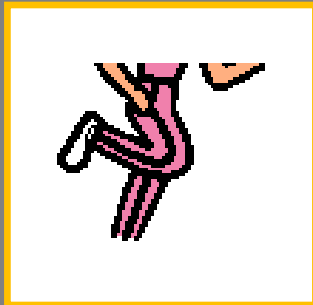
RUN

1



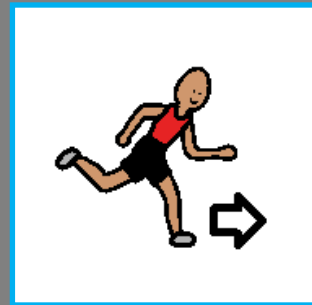
Pump Arms

2



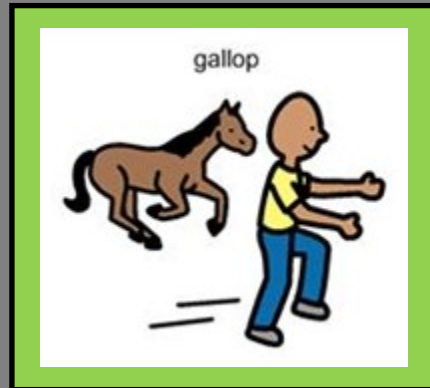
Bend Legs

3



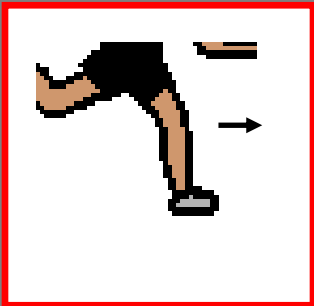
Go Fast

GALLOP



GALL

1



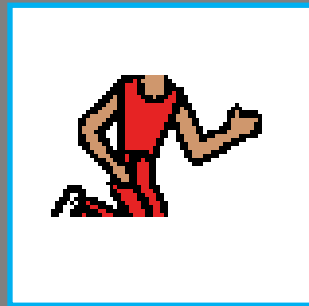
One foot
forward

2



Meet with
other foot

3

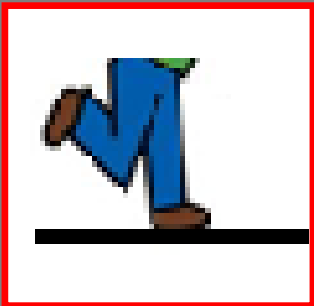


Bend arms
& get air

HOP

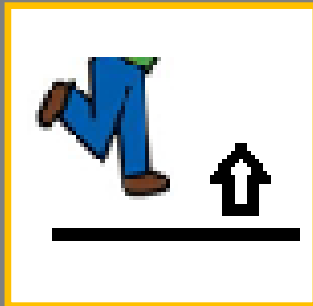


1



Stand on
one foot

2



Go up

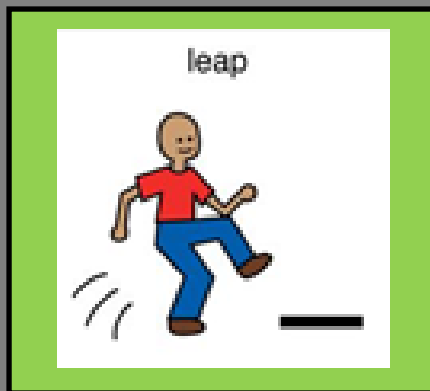
3



Land on
same foot

HOP

LEAP



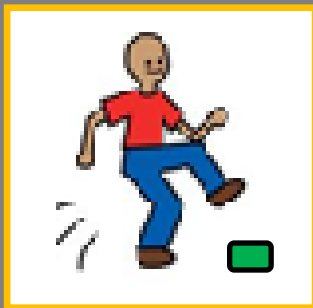
LEAP

1



Run

2



Take off on
one foot

3

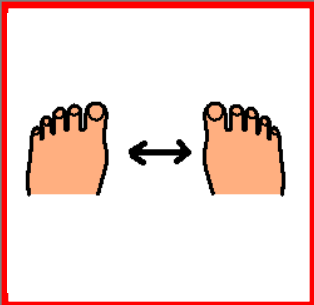


Land on the
other

HORIZONTAL JUMP

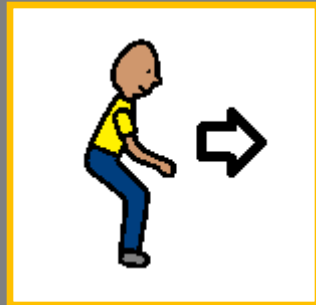


1



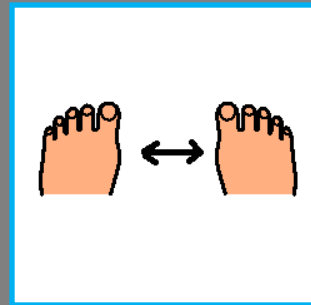
Feet

2



Up & Forward

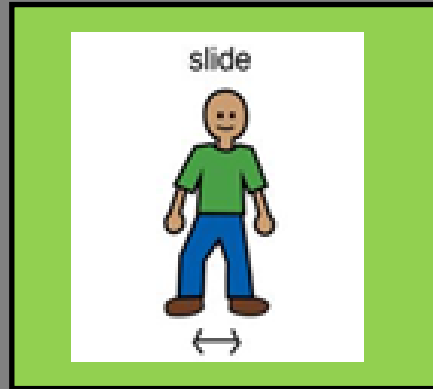
3



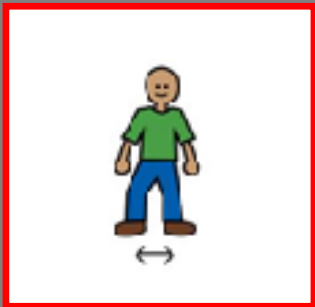
Feet

JUMP

SLIDE

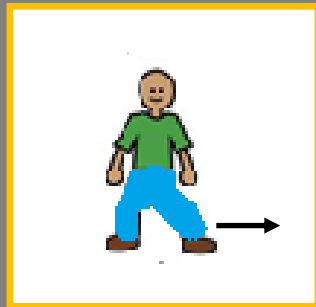


1



Stand
Sideways

2



Step to the
side

3



Meet with
other foot

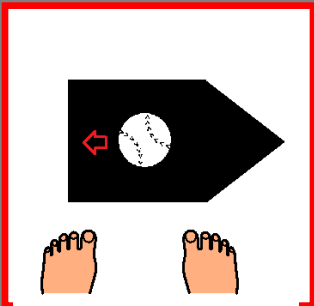
SLIDE



STRIKING A STATIONARY BALL

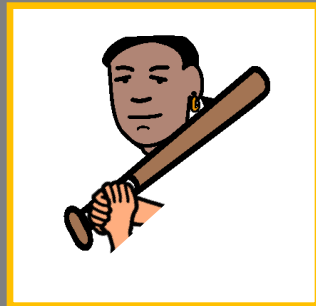


1



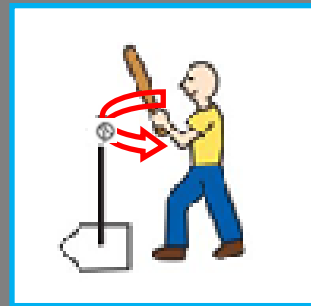
Feet

2



Bat to ear &
2 hands

3



Swing

STRIK

STATIONARY DRIBBLE

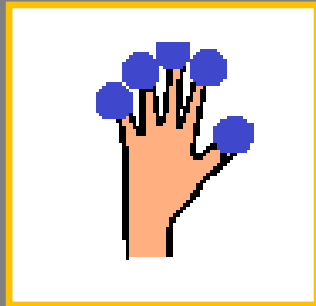


1



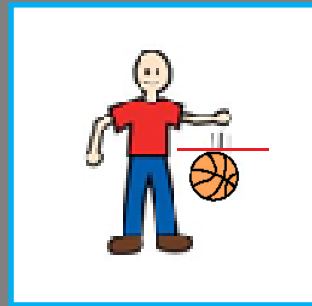
Feet

2



Finger pads

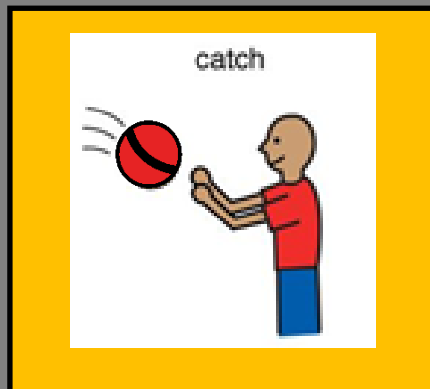
3



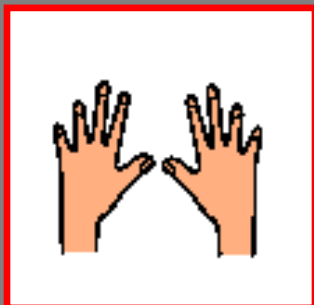
Push down

DRIB

CATCH



1



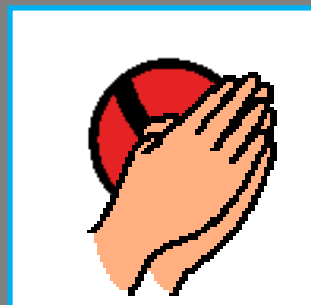
Hands
ready

2



Eyes on ball

3



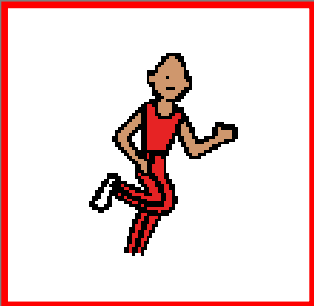
Grab



KICK



1



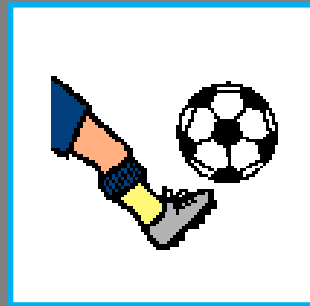
Run

2



Plant

3



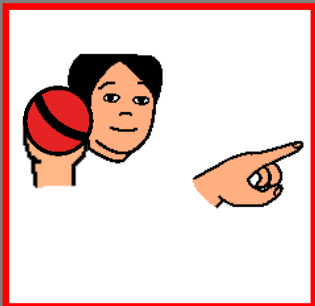
Shoot

KICK

OVERHAND THROW

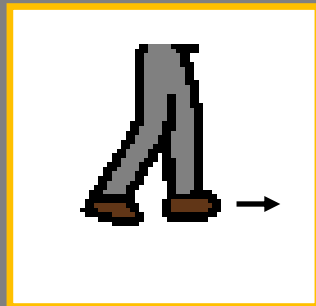


1



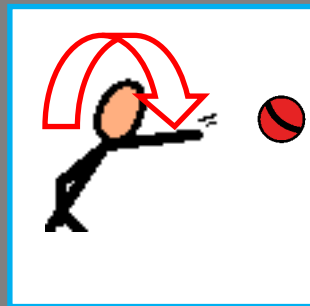
Ball to ear &
point

2



Step

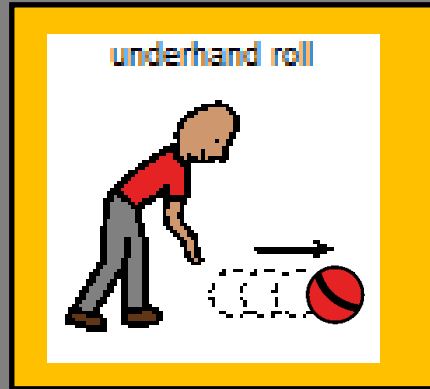
3



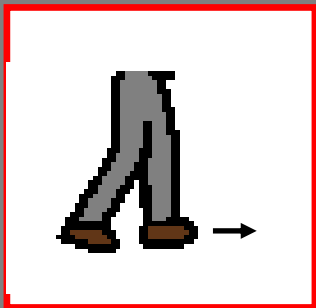
Forward
and let go

THRO

UNDERHAND ROLL

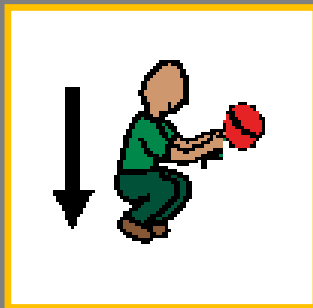


1



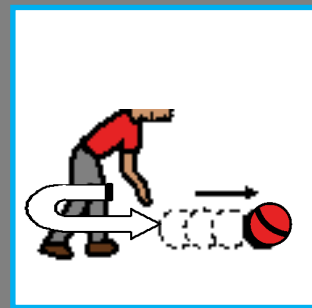
Step

2



Get low

3



Swing

ROLL