Process for creating Tasks

- Select goals
  - Psychomotor-Motor skills
    - Product-force, accuracy
    - Process-Mature pattern (DSA)
  - Affective skills
    - Feelings
    - Values/attitudes
    - Social behaviors
  - Cognitive
    - Knowledge
    - Strategies
    - Thinking skills

- Identify factors that affect the task
- Arrange the factors from easiest to hardest
- Write task
  - Criterion for tasks
    - Offer potential for the improvement of motor skills
    - Provide perfect practice opportunities
      - Offer feedback
    - Represent the appropriate developmental level
      - Provide success
      - Offer motivation
    - Offer the potential for the integration of psychomotor, affective and/or cognitive skills
    - Be FUN!
Motor Development/Biomechanics-Developmental Skill Analysis

- Process for developing a skill analysis tool
- Start with the phases
  - Preparatory phase
  - Wind-up phase
  - Force producing phase
  - Follow-through and recovery phase
- Identify actions within each phase
- Arrange the actions in sequence
- Develop cues for mature actions
- Criterion for cues
  - Accurate
  - Critical to the skill
  - Age appropriate
  - Sequential

<table>
<thead>
<tr>
<th>Skill-Overhand Throw</th>
<th>Preparatory</th>
<th>Wind-up</th>
<th>Force producing</th>
<th>Follow through</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actions</td>
<td>Opposite side to target</td>
<td>Arms spread at shoulder height</td>
<td>Step on opposite foot, rotate trunk</td>
<td>Throwing arm comes across body</td>
</tr>
<tr>
<td>Cues</td>
<td>Arms at 10 and 2</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>