

Type of Activity:

Lead-up Drill
Fitness **Game**

Score: 20 /20

Berkey's Assessment of Games

1. Name of the game: Target DISC
2. Source of the game: PE Lesson Plans By Ken Lumsden and Sally Jones
3. Brief description of the game: Similar to the game of HORSE in basketball, first thrower determines distance, type of throw, and target. If the target is hit then the next player must duplicate it, if the target is missed the next player chooses the distance, throw, and target. Last thrower not to spell out DISC is the winner.

Activity Analysis

	Low				High
1. Students can develop physical skills.	1	2	3	4	<u>5</u>
State the skills: Hit a target. Use different types of throws.					
Students can practice appropriately	Yes				No

	Low				High
2. Participation level	1	2	3	4	<u>5</u>
Roles of the students: Throwing to target. Retrieve Frisbee.					
Potential examples of waiting: Depending on # of players, will have to wait for turn.					

	Low				High
3. Activity is developmentally appropriate	1	2	3	4	<u>5</u>
Stage/Age for which activity is appropriate: Middle School					
Justification for this population/group: Have some basic Frisbee throwing skills					

	Low				High
4. Cognitive, personal and social development	1	2	3	4	<u>5</u>
Examples of personal skills (Action/Condition): Waiting for turn, encourage teammates, sharing Frisbee/cooperation during the drill					
Examples of cognitive skills (Action/Condition): Knowing the different types of Frisbee throws					

Modifications for special needs students: Shorten distance from partner, do from a chair