

Berkey's Assessment of Games

1. Name of the game: Plyometric training-(jump in place, standing jumps, depth jumps, jump rope, dot drills, bounding, box drills, bonus activities)
2. Source of the game: Sports Agility by Frank Costello, Jumping into Plyometrics by Donald Chu
3. Brief description of the game: Plyometric exercise merges the physical qualities of speed and strength to produce an athlete capable of running faster and jumping higher.

Activity Analysis

	Low	-----			High
1. Students can develop physical skills.	1	2	3	4	<u>5</u>
-State the skills: vertical jump, cardiovascular, footwork agility, foot speed, upper body strength (med. Balls), balance					
-Students can practice appropriately	Yes		No		

	Low	-----			High
2. Participation level	1	2	3	4	<u>5</u>
-Roles of the students: Students are actively engaged in movement activities designed to improve speed and strength					
-Potential examples of waiting: Planned time for recovery					

	Low	-----			High
3. Activity is developmentally appropriate	1	2	3	<u>4</u>	5
-Stage/Age for which activity is appropriate: 8 th /12 th					
-Justification for this population/group: To help students to run faster and jump higher and this is done so that they will have a higher likelihood of success in life time activities					

	Low	-----			High
4. Cognitive, personal and social development	1	2	<u>3</u>	4	5
-Examples of personal skills (Action/Condition): Partner work					
-Examples of cognitive skills (Action/Condition): Proper technique/sequence Safety					

Modifications for special needs students: as needed