

Berkey's

Assessment of Games

1. Name of the game: Jump in place (single foot side-to-side ankle hop)
2. Source of the game: Jumping into Plyometrics by Donald Chu (pp. 81)
3. Brief description of the game: Stand on one foot between cones. Hopping from one foot to the other, land on the right foot over cone, then the left foot over cone. Continue hopping back and forth for given time or established number.

Activity Analysis

	Low-----High				
1. Students can develop physical skills.	1	2	3	4	<u>5</u>
State the skills: Balance and agility, vertical jump					
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 recovery time					

	Low-----High				
3. Activity is developmentally appropriate	1	2	3	4	<u>5</u>
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** **3** **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