

Berkey's

Assessment of Games

1. Name of the game: Box Jump
2. Source of the game: Jumping into plyometrics by Donald Chu, Sports Agility by Frank Costello
3. Brief description of the game: Single or series of boxes that progress in height-Jump from ground to box top and back down to floor-repeat until the given time has elapsed or given number of jumps is completed

Activity Analysis

	Low-----High				
1. Students can develop physical skills.	1	2	3	4	<u>5</u>
-State the skills: Leaping/jumping(vertical jump), balance					
-Students can practice appropriately	Yes		No		

	Low-----High				
2. Participation level	1	2	3	<u>4</u>	5
-Roles of the students: Students jump onto boxes of varied height for a set time or established number of repetitions					
-Potential examples of waiting: Planned recovery time					*other students will be involved other activities

	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

Safety

Modifications for special needs students: as needed!