

Berkey's

Assessment of Games

1. Name of the game: Depth Jump
2. Source of the game: Jumping into Plyometrics by Donald A. Chu (pg. 113)
3. Brief description of the game: Stand on the box, toes close to the front edge. Step from the box and drop to land on both feet. Try to anticipate the landing and springing up as quickly as you can. Keep the body from "setting" on the landing, and make the ground contact as short as possible.

Activity Analysis

	Low-----High				
1. Students can develop physical skills.	1	2	3	4	<u>5</u>
State the skills: Vertical jump, landing, Balance, gathering and cardiovascular endurance					
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: 9 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	<u>4</u>	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