

Type of Activity:
 Lead-up Drill
 Fitness Game

Score: _____/20

Berkey's Assessment of Games

1. Name of the game: Zig – Zag Jumps ie: peaks/valleys, bounding jumps, skiers.
2. Source of the game: Troy Schultz/Conditioning Reference Book
3. Brief description of the game: Series & Sequence of various single leg jumps.

Activity Analysis

	Low	-----			High
1. Students can develop physical skills.	1	2	3	<u>4</u>	5
State the skills: Jumping & Balance					
Students can practice appropriately	Yes___		No		

	Low	-----			High
2. Participation level	1	2	3	4	<u>5</u>
Roles of the students: Practitioners & Jumpers					
Potential examples of waiting: Waiting in line for their turn.					

	Low	-----			High
3. Activity is developmentally appropriate	1	2	3	4	<u>5</u>
Stage/Age for which activity is appropriate:9-12					
Justification for this population/group: Higher functioning skill to build strength & balance					

	Low	-----			High
4. Cognitive, personal and social development	1	2	3	<u>4</u>	5
Examples of personal skills (Action/Condition): Teamwork & Cooperation					
Examples of cognitive skills (Action/Condition): Understanding the jumping patterns. Understanding the muscle groups that are being worked.					

Modifications for special needs students: Other students mentoring or working with the special needs students, enforcing Proper Volume, Intensity, TA Form, and monitoring other Concerns...

