

# Berkey's Assessment of Games

Score: 17/20

1. Name of the game: Ultimate Frisbee

2. Source of the game: Columbia High School in Maplewood, New Jersey

3. Brief description of the game: Move the frisbee down the field by passing and catching and to score a goal by passing the frisbee across the goal line to a teammate.

### Activity Analysis

	Low	-----			High
<b>1. Students can develop physical skills.</b>	1	2	3	4	5

State the skills: Backhand Throw, Thumber Throw, Pancake Catch, 1 Handed Catch, 2 Handed Catch (“C” Catch)

Students can practice appropriately Yes No

	Low	-----			High
<b>2. Participation level</b>	1	2	3	4	5

Roles of the students: Everyone plays...students continuously run up and down the field passing and catching the frisbee, and defending opponents  
Potential examples of waiting: When the frisbee goes out of play or between scores

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

Stage/Age for which activity is appropriate: Middle School-Adult

Justification for this population/group: Cardiovascular Conditioning

	Low	-----			High
<b>4. Cognitive, personal and social development</b>	1	2	3	4	5

Examples of personal skills (Action/Condition): Teamwork, Sportsmanship, Communication, Effort, Respect

Examples of cognitive skills (Action/Condition): Rules, Offensive Strategies, Defensive Strategies, Skill Knowledge

Modifications for special needs students: Modify rules & as needed.

