

Type of Activity:
 Lead-up Drill
Fitness Game

Score: 20/20

Berkey's Assessment of Games

1. Name of the game: **Double-Dutch**
2. Source of the game: n/a
3. Brief description of the game: Two students simultaneously skip rope being turned by two other participants; all participants take turns being a turner and a skipper, practicing entering and exiting rope.

Activity Analysis

	Low	-----			High
1. Students can develop physical skills.	1	2	3	4	<u>5</u>
State the skills: timing-fast vs. slow vs. sustained, two-foot vs one-foot skipping					
Students can practice appropriately	<u>Yes</u>				No

	Low	-----			High
2. Participation level	1	2	3	4	<u>5</u>
Roles of the students: continuous, either turning or jumping					
Potential examples of waiting: n/a					

	Low	-----			High
3. Activity is developmentally appropriate	1	2	3	4	<u>5</u>
Stage/Age for which activity is appropriate: Gr. 3- 5 (add tasks during skipping ie touch hands to ground/spin around...etc for grade 5)					
Justification for this population/group: Refined Fundamental Motor Skills (accuracy & rhythms)					

	Low	-----			High
4. Cognitive, personal and social development	1	2	3	4	<u>5</u>
Examples of personal skills (Action/Condition): turning rope (speed control)/cooperation					
Examples of cognitive skills (Action/Condition): sustained skipping/social interaction-coordination of turners and skippers required for success					

Modifications for special needs students: turn rope more slowly and turn higher, and/or one person entry at a time

