

Type of Activity:
 Lead-up Drill
Fitness Game

Score: 19/20

Berkey's Assessment of Games

1. Name of the game: Slo-Mo
2. Source of the game: *Silver Bullets* by Karl Rohnke
3. Brief description of the game: A cooperative strength exercise performed in partners whereby two students stand toe-to-toe and palm-to-palm. The goal is to manoeuvre one another off-balance without moving any feet or falling oneself. Movement are made in slow motion only, but transition from high to low and side-to side.

Activity Analysis

	Low				High
1. Students can develop physical skills.	1	2	3	4	<u>5</u>
State the skills: balance, force application, speed control, muscular endurance					
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					
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 (higher levels progressing to on tippy-toes for increased challenge)					
Justification for this population/group: Refined Fundamental Motor Skills (control & mature mechanics of body posture-positioning)					

	Low				High
4. Cognitive, personal and social development	1	2	3	<u>4</u>	5
Examples of personal skills (Action/Condition): movement without falls/cooperation & compassion					
Examples of cognitive skills (Action/Condition): remaining balanced throughout changes in height and angles-symmetrical and non-symmetrical movements/body weight as resistance					

Modifications for special needs students: feet wider apart for greater stability and start standing rather than sitting; pair special needs with non-special needs