

Type of Activity:
 Lead-up Drill
 Fitness X Game X

Score: _____/20

Berkey's Assessment of Games

REC: finish scoring the 4 activities and put total score at top.

1. Name of the game: Estimated Pace
2. Source of the game: Walking Games and Activities p. 76
3. Brief description of the game: Have students estimate their time to walk a variety of distances. Have them walk and time themselves. Use worksheet to record estimates, results and comments

Activity Analysis

	Low	-----			High
1. Students can develop physical skills.	1	2	3	4	5
State the skills: pace walking				X	
Students can practice appropriately	Yes	X	No		

	Low	-----			High
2. Participation level	1	2	3	4	5
Roles of the students: all students should be active				X	
Potential examples of waiting: no waiting just slow walkers					

	Low	-----			High
3. Activity is developmentally appropriate	1	2	3	4	5
Stage/Age for which activity is appropriate: 6 th gr. +					
Justification for this population/group: Could socialize while being active					

	Low	-----			High
4. Cognitive, personal and social development	1	2	3	4	5
Examples of personal skills (Action/Condition): Standards 1, 2, 3, 5					
Examples of cognitive skills (Action/Condition):					

Modifications for special needs students: proper surface for wheelchairs.

Estimated Pacer Worksheet

Name: _____

Class: _____

Date _____

What is your estimated time for walking the following distances?

$\frac{1}{2}$ mile _____

1 mile _____

1 $\frac{1}{2}$ miles _____

2 miles _____

What was your actual time for walking the same distances as above?

$\frac{1}{2}$ mile _____

1 mile _____

1 $\frac{1}{2}$ miles _____

2 miles _____

Were you faster or slower than you estimated?

Comments: