

Type of Activity:  
 Lead-up      Drill  
 Fitness X    Game

Score: \_\_\_\_\_/20

## Berkey's Assessment of Games

1. Name of the game: Fitness Stations
2. Source of the game: Fitnessgram et. al.
3. Brief description of the game: Stations should be set up in the gym that include the 4 fitnessgram tests, height/weight/body fat%, as well as stations that include exercises related to the components of fitness. Students will spend 3 -5 minutes at each station participating in the activity or test and recording their individual results for later use.

### Activity Analysis

	Low				High
<b>1. Students can develop physical skills.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
State the skills: fitness components					X
Students can practice appropriately	Yes X		No		

	Low				High
<b>2. Participation level</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Roles of the students: time is the only limit					X
Potential examples of waiting: completing test before time is up.					

	Low				High
<b>3. Activity is developmentally appropriate</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Stage/Age for which activity is appropriate: 6 gr. +					X
Justification for this population/group: learning about fitness					

	Low				High
<b>4. Cognitive, personal and social development</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Examples of personal skills (Action/Condition): Standard #5					
Examples of cognitive skills (Action/Condition): standard #4					

Modifications for special needs students: Modify tests and exercises as needed. Pair students if necessary for help with written work