

Type of Activity:
 Lead-up Drill
 Fitness X Game

Score: _____/20

Berkey's Assessment of Games

1. Name of the game: Goal Setting
2. Source of the game:
3. Brief description of the game: Upon completion of fitness testing, students will record their results and check the poster to see if they are in the "Healthy Fitness Zone". Students will set long and short term goals based on their results and record their goals. Students will work toward those goals in class and outside of class

Activity Analysis

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

	Low	-----			High
	1	2	3	4	5
2. Participation level					
Roles of the students: time is the only limit				X	
Potential examples of waiting: making time outside of class					

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

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

Modifications for special needs students: Modify exercises to meet individual needs. Can these exercises be done at home?