

Type of Activity:
 Lead-up Drill
 Fitness X Game

Score: _____/20

Berkey's Assessment of Games

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

1. Name of the game: Partner Relays
2. Source of the game: Walking Games and Activities p.126
3. Brief description of the game: Pair students. Students take turns walking laps until a specific distance has been covered. Have students time laps and take their heart rate after walking the distance. Students could also wear pedometers and record steps or wear monitors and record heart rate after each lap they complete

Activity Analysis

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

	Low	-----			High
2. Participation level	1	2	3	4	5
Roles of the students: partner recording must pay attention				X	
Potential examples of waiting: slower partner					

	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: challenge to do better than partner or others					

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

Modifications for special needs students: Surface needs to appropriate for wheelchair students.

Partner Relays Worksheet (Adjust if 400 meter track is not available)

Distance to be walked: ½ mile (.8 kilometer)

Number of laps to be completed _____

Individual 1 lap time _____

Individual 1 lap heart rate _____

Individual 2 lap time _____

Individual 2 lap heart rate _____

Total time for ½ mile _____

Distance to be walked: 1 mile

Number of laps to be completed _____

Individual 1 lap time _____

Individual 1 lap heart rate _____

Individual 2 lap time _____

Individual 2 lap heart rate _____

Total time for 1 mile _____

Distance to be walked: 2 miles

Number of laps to be completed _____

Individual 1 lap time _____

Individual 1 lap heart rate _____

Individual 2 lap time _____

Individual 2 lap heart rate _____

Total time for 2 miles _____

Questions

1. Did you enjoy doing this activity with a partner?
2. Did you find yourself competing against your partner's lap time?
3. Did you get bored during your partner's lap?
4. Did you encourage your partner to walk (run) as fast as possible?