

Type of Activity:
 Lead-up Drill
 Fitness X Game

Score: 16 /20

Berkey's Assessment of Games

1. Name of the game: Setting Individual Activity Goals
2. Source of the game: Pedometer Power p. 51-53
3. Brief description of the game: Students record step counts for class or activity and set goals at the end of the week.

Activity Analysis

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

| | Low | ----- | | | High |
|---|-----|-------|---|---|------|
| 2. Participation level | 1 | 2 | 3 | 4 | 5 |
| Roles of the students: varies with individual goals | | | | | x |
| Potential examples of waiting: may only wear pedometer once or twice week | | | | | |

| | Low | ----- | | | High |
|--|-----|-------|---|---|------|
| 3. Activity is developmentally appropriate | 1 | 2 | 3 | 4 | 5 |
| Stage/Age for which activity is appropriate: 6 – 7 grade | | | | x | |
| Justification for this population/group: teaching recording and goal setting | | | | | |

| | Low | ----- | | | High |
|---|-----|-------|---|---|------|
| 4. Cognitive, personal and social development | 1 | 2 | 3 | 4 | 5 |
| Examples of personal skills (Action/Condition): Standards 3, 6 | | | x | | |
| Examples of cognitive skills (Action/Condition): 3 | | | | | |

Modifications for special needs students: may need help put on and setting pedometer. Wheelchair students may have to use it on hands if able to use hands. Recording may be difficult for some students.

