

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: Develop a Personal Fitness Routine
2. Source of the game: Pedometer Power p.65
3. Brief description of the game: Working with a partner and set a goal of x amount of steps. One student should work on strength and flexibility exercises while the other walks, runs or does some form aerobic exercise for 30 – 60 seconds. Switch after every 30 -60 seconds until the goal amount of steps is met.

### 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: aerobic activity, strength/endurance			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: partnership as well as participate				X	
Potential examples of waiting: Not exercising the prescribed time					

	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 <sup>th</sup> gr. +					
Justification for this population/group: like to work together					

	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): Standards 4, 5, 6					
Examples of cognitive skills (Action/Condition): writing a personal program					

Modifications for special needs students: Maybe need assistance in finding exercises that fit their limitations. May need assistance writing.

