

Type of Activity:
 Lead-up Drill
Fitness Game

Score: 19 /20

Berkey's Assessment of Games

1. Name of the game: Fitness Dice
2. Source of the game: Gopher Sport
3. Brief description of the game: Students role dice a do fitness activities that they role.

Activity Analysis

	Low				High
1. Students can develop physical skills.	1	2	3	4	<u>5</u>
State the skills: Students can work on push ups, sit ups, leg lifts, toe touches, jumping jacks, and squats.					
Students can practice appropriately	<u>Yes</u>				No

	Low				High
2. Participation level	1	2	3	4	<u>5</u>
Roles of the students: Can be used with any number of students.					
Potential examples of waiting: Wait while dice role takes place but very miniscule.					

	Low				High
3. Activity is developmentally appropriate	1	2	3	4	<u>5</u>
Stage/Age for which activity is appropriate: 2-12					
Justification for this population/group: Appropriate for all levels on fitness					

	Low				High
4. Cognitive, personal and social development	1	2	3	<u>4</u>	5
Examples of personal skills (Action/Condition): The learner will show respect for equipment by using the fitness dice properly 9/10 times.					
Examples of cognitive skills (Action/Condition): The learner will show understanding of fitness skill by recognizing the name and performing the skill rolled on the dice.					

Modifications for special needs students: Easier variations of Fitness Components,
IPI's...