

Type of Activity:
 Lead-up Drill
Fitness Game

Score: ____17____/20

Berkey's Assessment of Games

1. Name of the game: Olympic Fitness
2. Source of the game: Grosvenor
3. Brief description of the game: Fitness challenges

Activity Analysis

	Low				High
1. Students can develop physical skills.	1	2	3	<u>4</u>	5
State the skills: 45 degree sit up hold, straight arm hang, timed run					
Students can practice appropriately	<u>Yes</u>				No

	Low				High
2. Participation level	1	2	3	<u>4</u>	5
Roles of the students: Students can participate at different stations					
Potential examples of waiting: Waiting turn at certain stations					

	Low				High
3. Activity is developmentally appropriate	1	2	3	<u>4</u>	5
Stage/Age for which activity is appropriate: 8,9					
Justification for this population/group: Increases fitness across a lifespan					

	Low				High
4. Cognitive, personal and social development	1	2	3	4	<u>5</u>
Examples of personal skills (Action/Condition): The student will show sportsmanship by encouraging peers to succeed 4/5 times.					
Examples of cognitive skills (Action/Condition): The student will show understanding of activity by answering questions as a group from an instructor 4/5 times.					

Modifications for special needs students: Easier Variations, Time, Intensity, Volume...

