

Type of Activity:
 Lead-up Drill
 Fitness Game *

Score: 9/20

Berkey's Assessment of Games

1. Name of the game: **Long Distance Field Goals**

2. Source of the game: None

3. Brief description of the game:

Long Distance Field Goals is an activity I like to do when there are just a few minutes left in class. The kids all like to see how far they can shoot an arrow, so if they've done a nice job for the day I'll give them the field goal challenge. I'll offer a free bottle of water to anyone who is able to shoot their arrow through the uprights at the opposite end of the football field. All students line up on the goal line and face the opposite end zone. One by one, we go down the line and each kid shoots while the others track the arrow's path. Once everyone has gone, we walk to the other end of the field, retrieve our arrows, and shoot back at the original end zone field goal uprights. Once we have all shot, we walk back, retrieve our arrows, put equipment where it belongs and head inside to change. Winners receive a bottle of water.

Activity Analysis

	Low	-----			High
1. Students can develop physical skills.	1	2	<u>3</u>	4	5
State the skills: T-form shot					
Students can practice appropriately	Yes				No

	Low	-----			High
2. Participation level	<u>1</u>	2	3	4	5
Roles of the students: Shoot and Track Arrows					
Potential examples of waiting: Waiting for one's turn					

	Low	-----			High
3. Activity is developmentally appropriate	<u>1</u>	2	3	4	5
Stage/Age for which activity is appropriate: Beginner to Intermediate					
Justification for this group: Experienced archers would not be challenged					

	Low	-----			High
4. Cognitive, personal and social development	1	2	3	<u>4</u>	5
Examples of personal skills: Taking turns, tracking for each other, encouragement					
Examples of cognitive skills: Judging trajectory and draw					

Modifications for special needs students: Allow them to shoot from further up-field, once the other students have gone from the goal line...also, allowing them a larger area of success (half end zone).