

Type of Activity: Football and fitness

Lead-up Drill  
Fitness Game

Score: \_\_\_18\_\_\_/20

## Berkey's Assessment of Games

1. Name of the game: One on One
2. Source of the game: Ultimate sport lead up games
3. Brief description of the game: Students need to be in groups of four during this station. One person is the snapper, quarterback, receiver, and defender. The snapper will shotgun snap to the quarterback on the snap the receiver will run out and attempt to get open while the defender works to cover. The receiver can only go out up to fifteen yards. The quarterback throws a pass to the receiver within five seconds of the snap. After each play students rotate. Snapper to Quarterback to Receiver to Defender.

### 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: running, throwing, dodging, snapping, catching					
Students can practice appropriately	<b>Yes</b>		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: - thrower, catching, runner, snapper					
Potential examples of waiting: none					

	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: - 5 <sup>th</sup>					
Justification for this population/group: This age of students will be able to work through the rotation and should be able to understand when the receiver is open.					

	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): - playing fairly 85 percent of the time					
Examples of cognitive skills (Action/Condition): - understanding of the rules 85 percent of the time					

Modifications for special needs students:

