

Type of Activity: Football and fitness

Lead-up Drill
Fitness **Game**

Score: 18 /20

Berkey's Assessment of Games

1. Name of the game: Four passes
2. Source of the game: Ultimate sport lead up games
3. Brief description of the game: Students are split athletically into as even group as possible. The fields are approximately 20 yds by 30yds. One team starts with the ball 3yds in front of their endzone and they have four downs to score. The ball must be shotgun snapped to start every play. After the shotgun snap everybody becomes a receiver. The quarterback can be rushed after a 10 count. If rushed, the quarterback can run with the ball. The receiver can run after the catch and are downed on one hand touch. If a team does not score in four downs the ball goes to the other team and they start at the nearest goaline.

Activity Analysis

	Low-----	High
1. Students can develop physical skills.	1	5
State the skills: running, throwing, dodging, tagging, catching	2	4
Students can practice appropriately	Yes	No

	Low-----	High
2. Participation level	1	5
Roles of the students: - thrower, catching, runner, snapper	2	4
Potential examples of waiting: none	3	5

	Low-----	High
3. Activity is developmentally appropriate	1	5
Stage/Age for which activity is appropriate: - 5 th	2	4
Justification for this population/group: At this age students should begin learning the concepts of the down system and most of the basic skills of football.	3	5

	Low-----	High
4. Cognitive, personal and social development	1	5
Examples of personal skills (Action/Condition): - playing fairly 85 percent of the time	2	4
Examples of cognitive skills (Action/Condition):	3	5

- understanding of the rules 85 percent of the time

Modifications for special needs students:

