

Type of Activity: Football and fitness

Lead-up Drill
Fitness **Game**

Score: 16 /20

Berkey's Assessment of Games

1. Name of the game: Showdown (Rainy Day Game)
2. Source of the game: Ultimate sport lead up games
3. Brief description of the game: Students are split into two groups. Each team must stay on their side of the basketball court, behind free throw line extended. Each side gets approximately a foam football or ball for 3/4 of the team. An exercise ball or something about that size is placed in the center circle. The teams will throw their ball toward the exercise ball trying to hit the ball and make it roll across the other teams free throw line extended. Each time the exercise ball crosses the your free throw line the opposing team gets a point. The students may not physically touch the exercise ball at any time. The balls which land in between the free throw lines students may run out and get but they must return to their side before they throw the ball.

Activity Analysis

	Low-----				-----High
1. Students can develop physical skills.	1	2	3	4	5
State the skills: running, aiming, throwing					
Students can practice appropriately	Yes		No		

	Low-----				-----High
2. Participation level	1	2	3	4	5
Roles of the students: - throwers					
Potential examples of waiting: waiting to get a ball					

	Low-----				-----High
3. Activity is developmentally appropriate	1	2	3	4	5
Stage/Age for which activity is appropriate: - 3 rd and 4 th					
Justification for this population/group: makes students aim and throw at a slow moving object in a controlled setting					

	Low-----				-----High
4. Cognitive, personal and social development	1	2	3	4	5
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:

