

Type of Activity:  
 Lead-up      Drill  
**Fitness**      Game

Score: 19/20

## Berkey's Assessment of Games

1. Name of the game: Fitness Obstacle Course
2. Source of the game: PE Central
3. Brief description of the game: Students will perform different activities at each station working on cardiovascular endurance and tumbling skills learned already.

### 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: forward roll, jumping, backward rolls, cartwheel, pull ups, and sit-ups					
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: Students are moving the whole time at their station					
Potential examples of waiting:					

	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: Grades 3-5					
Justification for this population/group: Developmentally appropriate					

	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): Cooperation					
Examples of cognitive skills (Action/Condition): Four critical points					

Modifications for special needs students: Log rolls, seat rolls instead of forward/backward roll.

