

Fitness
Create-a-Game

7th Grade

Group Members:

Directions: This sheet must be handed in at the end of this project. It should include the invented rules and group members. You will be graded on your group's ability to accurately and completely answer these questions about your invented game.

Rules:

Penalties:

How do you win?

What equipment do you need to play your game?

<i>1</i>	<i>5</i>	<i>9</i>
<i>2</i>	<i>6</i>	<i>10</i>
<i>3</i>	<i>7</i>	<i>11</i>
<i>4</i>	<i>8</i>	<i>12</i>

How many players at a time? _____

Please draw out the boundaries to your game and include any equipment that is stationary (including goals, bases, etc.).

Please explain how your game relates to the components of fitness and why is it important to participate in this activity.

Things to remember:

- You want as many people active as possible!
- Is it fun?
- Is it safe?
- How does it relate to the components of fitness?
 - Which components does it include?
- The more detail you write the better.

Group Members:

Create-a-game Rubric

Rules: _____ / 10 points

Requirements for winning: _____ / 5 points

**Diagram of playing area:
and
Equipment list** _____ / 10 points

Relationship to Fitness: _____ / 5 points

Cooperation & Teamwork: _____ / 10 points

Activity level of players: _____ / 5 points

Safety: _____ / 5 points

Comments:

Total Score:

_____ out of 50

or

_____ %

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