

Fitness

7th Grade

Create-a-Game

Group Members:

Rules:

Penalties:

How do you win?

What equipment do you need to play your game?

1	5	9
2	6	10
3	7	11
4	8	12

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.

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.

SCRAP PAPER
