**Activity Analysis Form**

**RECR 120**

Adapted from Stumbo & Peterson (2004) and Anderson & Heyne (2012)

**Activity: Kickball**

**Tillar Bagby**

**PHYSICAL ASPECTS**

1. What is the primary body position required?

\_\_\_Lying Down \_X\_Sitting \_\_\_Other:\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_Kneeling \_X\_Standing

1. What body parts are required?

\_X\_Arms \_X\_Legs

\_X\_Hands \_X\_Feet

\_X\_Head \_X\_Neck

1. What types of movement does the activity require?

\_X\_Bending \_X\_Reaching \_X\_Catching \_\_\_Skipping/Hopping

\_X\_Stretching \_X\_Throwing \_X\_Grasping \_X\_Standing

\_X\_Walking \_X\_Running \_\_\_Hitting \_X\_Other: Kicking

1. What are the primary senses required for this activity?

\_X\_Sight \_X\_Hearing \_\_\_Smell \_\_\_Taste

\_X\_Touch

1. How much of the following aspects are required for the activity?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **None** | **Little**  **(Less than 25%)** | **Some**  **(25-75%)** | **Much**  **(More than 75%)** |
| **Coordination between body parts & movements** |  |  |  | X |
| **Hand-Eye Coordination** |  |  |  | X |
| **Body Strength** |  |  | X |  |
| **Speed** |  |  |  | X |
| **Endurance** |  |  |  | X |
| **Flexibility** |  |  |  | X |
| **Fine motor manipulation of objects** |  |  | X |  |
| **Gross Motor skill** |  |  |  | X |
| **Degree of cardiovascular activity involved** |  |  |  | X |

**SOCIAL ASPECTS**

1. What is the primary social interactional pattern required in the activity?

\_\_\_\_ Intraindividual \_\_\_Extraindividual \_\_\_\_Interindividual

\_\_\_\_Unilateral \_\_\_Multilateral \_\_\_\_Intragroup

\_\_X\_Intergroup

1. What is the minimum (fewest) number or maximum (greatest) number of people required for the activity?

5 Per Team Minimum 15 Per Team Maximum

1. What attire (ex. clothing) is needed to be socially appropriate?

Gym/Sportswear, Tennis shoes

1. What are the types of rewards involved in this activity?

\_X\_Immediate \_\_X\_Delayed \_X\_Extrinsic \_X\_Intrinsic

1. How much of the following aspects are required for the activity?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **None** | **Little**  **(Less than 25%)** | **Some**  **(25-75%)** | **Much**  **(More than 75%)** |
| **Physical proximity between participants** |  |  | X |  |
| **Physical contact between players** |  |  | X |  |
| **Opportunity for casual conversation** |  |  |  | X |
| **Opportunity for sharing** |  |  | X |  |
| **Turn-taking** |  |  |  | X |
| **Noise level generated by activity** |  |  |  | X |

**COGNITIVE ASPECTS**

1. How many rules are there for the game/activity?

About 12 rules should be enforced when playing Kickball

1. How complex are the rules to understand?

\_\_\_\_Simple X Somewhat complex \_\_\_\_Complex

1. How complex is it to keep score?

X Simple \_\_\_\_Somewhat complex \_\_\_\_Complex

1. How much of the following aspects are required for the activity?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **None** | **Little**  **(Less than 25%)** | **Some**  **(25-75%)** | **Much**  **(More than 75%)** |
| **Complexity of thought processes (strategy, sequencing, matching, decision-making, problem-solving, planning)** |  |  |  | X |
| **Long-term memory** |  |  | X |  |
|  | **None** | **Little**  **(Less than 25%)** | **Some**  **(25-75%)** | **Much**  **(More than 75%)** |
| **Short-term memory (immediate recall)** |  |  |  | X |
| **Concentration** |  |  |  | X |
| **Academic Skills - Reading** |  | X |  |  |
| **Academic Skills - Math** |  |  |  | X |
| **Academic Skills - Writing** | X |  |  |  |
| **Identification of directionality (up/down, left/right, over/under, etc.)** |  |  |  | X |
| **Identification of numbers** |  | X |  |  |
| **Identification of body parts** |  |  |  | X |
| **Identification of colors** |  |  | X |  |
| **Identification of form & shape** |  |  |  | X |
| **Orientation to person, place, and time** |  |  |  | X |

**EMOTIONAL / AFFECTIVE ASPECTS**

1. Emotions the activity may most likely elicit:

X Joy \_\_\_Gratitude \_\_\_Serenity X. Hope X. Pride

X. Amusement \_\_\_Inspiration \_\_\_Love \_\_\_Guilt X. Pain

X. Anger X. Fear X. Frustration

1. Identify the level of emotional aspects below:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **None** | **Little**  **(Less than 25%)** | **Some**  **(25-75%)** | **Much**  **(More than 75%)** |
| **Opportunities to express emotions** |  |  |  | X |
| **Need to control emotions Identify the emotions:**  Anger  Frustration  Pain (Difficult to control in the moment)  Fear (If the ball is coming at them fast and reaction skills are impaired) |  | Pain | Anger  Frustration  Fear | X |

**SPIRITUAL ASPECTS**

1. Check off if the opportunity is available during the activity:

\_\_\_\_Opportunity for reflection \_\_\_\_Quiet spaces can be built into activity

X Opportunities for aesthetic appreciation X. Proximity to nature

\_\_\_\_Opportunity to share beliefs and values with others

**LEADERSHIP & ADMINISTRATIVE ASPECTS**

1. What type of leadership style is required for the activity?

\_\_\_\_specific activity skill expertise \_X\_\_Supervisory

\_\_X\_General activity skill expertise \_\_\_No specific leadership style needed

1. List equipment needed:

3 Safety bases

Home Plate

Rubber Ball (Should measure 8-16 inches in diameter)

Jerseys

Softball Field

Players

1. What type of facility or environment is required for the activity?

Softball Field

Could be played indoors

1. What is the duration of the activity?

\_X\_Set time \_\_\_Natural end \_\_\_Continuous

* Set time being the six allotted innings that are played in the game of kickball.

**Activity Description**

Kickball is a game primarily played by children and young adults in schools, programs, or leagues that are formed all across the world. They consist of 5-15 players per team with two teams. It could be played on a softball field or an indoor softball field. The objective of the game is to provide a fun and safe activity that helps improve the quality of life of people that want a competitive and fun game. Within kickball, each player has an attempt to kick the ball and run around all bases and reach home to score a run. A player is out when they strike-out, if a player from the opposing team catches the ball before it hits the ground, or if they are thrown out by the ball reaching the designated base (force out).

**Scoring:** You score when a runner safely reaches the home plate before the end of the inning. They can also score if the ball is kicked over the outfield boundary. To win the game you want to score more runs than the opposing team in the allotted number of innings.

**Special Considerations/Safety Issues:** It is important to have an elementary level of understanding when playing the game of kickball. Otherwise some players may struggle with understanding the rules and how to score. The game of kickball is played at a somewhat fast speed which may be difficult for some who have trouble with physical reaction or cognitive thinking.

**Physical** demands include using your feet, arms, and hands to kick, run, and throw the ball. It is required for the person to stand in order to participate in kickball. Coordination is important when knowing where you are on the field, where the ball is in relation to you, and where you are in relation to the bases. Body strength is important when running, kicking, and throwing the ball to the designated place of your choosing. Speed is important when running to the base or ball. Depending on how long the game is (usually six innings) people may need to have endurance in order to participate in the full-length game. Gross motor skill is very important because body movement is required when playing kickball.

**Social** aspects of kickball include being part of a team/group and competing against another team (Intergroup). Sportswear/Gym wear and tennis shoes are recommended when playing kickball. Rewards of this activity are of the following: Immediate, delayed, extrinsic, and intrinsic. Immediate being kicking a home run, or catching the ball. Delayed where you have to play the game and earn the victory by winning, in which you will find that out at the end of the game. Extrinsic motivation could come into play where a team has the motivation to win a championship trophy. Intrinsic motivation where someone is motivated to play because they find it fun and rewarding to kick and catch a ball. Physical proximity between players is very much because you are surrounded by your team and against the other team. Turn taking is very common when playing kickball because you have a lineup that you go thru to know who is up to kick. Noise level may be generated depending on how many fans show up. Or how competitive the spirit of the game is.

**Cognitive** ability is important for kickball. There are several rules that come into play with this activity. It is somewhat complex to understand depending on the level of education that person has. However, it is not complex to keep score of the game. Thought process is important when playing kickball. It is important to make quick decisions when the ball is coming at you. For example, determining which base to run to after you kick the ball, or if you are playing defense, determining which base to throw it to when it is kicked at you. Long-term memory is important because the games can sometimes take an hour to two hours at a time. Short-term memory is important because you need to make fast and quick decisions during the game. Identifying numbers is important because the score and inning of the game should be known all throughout the game. Identifying shapes and colors can be very important as well because the safety bases are shaped as squares and usually, they are white, and the ball is a sphere.

**Emotional** aspects of Kickball include joy, amusement, hope, and pride. Other aspects include anger, fear, frustration, and pain. Anger may be a result because someone may have lost the game, and they might feel frustrated as well. If someone gets injured, then they will feel the pain of their injury and possibly losing the game. Some may have a fear of losing, and in the moment of the game they may not be courageous enough to catch a ball coming at them at a high speed.

**Adaptations** to kickball for an individual who uses a wheelchair and has a visual impairment include the following:

* We can modify kickball for the individual by having another person kick the ball for the individual with the impairment, then the individual with the impairment can run/use the wheelchair to reach first base.
* Another adaptation that can be used in kickball to accommodate the individual with the impairment is we can have a ball that beeps which will allow the individual to locate the ball if the individual has a hard time locating the ball with his eyes.
* Another modification for the individual is he or she can become the manager or the coach of a kickball team. They may not actually play, but they are still invested and participating in the game of kickball by making decisions, forming strategies, and leading their team to victory.
* Another modification includes if the individual feels comfortable kicking, but not running or wheeling to the base, we can implement a “ghost runner” or a “pinch runner” to run for the individual who does not want to run.
* We can also modify the type of wheelchair the individual uses during the game. This will allow the individual to have more flexibility moving and possibly have more efficiency when travelling to the bases.
* Another modification for kickball is you are not allowed to peg. For example, when the ball is kicked, you can only be out by the ball reaching the base before the runner does, or if someone from the opposing team tags you with the ball while you are running.
* An important modification for the game of kickball is by playing on a blacktop or asphalt surface. This will allow for people who use wheelchairs to play the game of kickball by having a smoother surface instead of trying to push thru dirt or grass. A blacktop surface will be smoother for the individual(s) using a wheelchair.

**Sources/References:**

<https://www.rulesofsport.com/sports/kickball.html>