**Activity Analysis Form**

**RECR 120**

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

**Activity:\_\_Freeze Tag\_**

**PHYSICAL ASPECTS**

1. What is the primary body position required?

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

\_\_\_Kneeling \_\_\_Standing

1. What body parts are required?

\_\_\_Arms \_\_\_Legs

\_\_\_Hands \_\_\_Feet

\_\_\_Head \_\_\_Neck

1. What types of movement does the activity require?

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

\_\_\_Stretching \_\_\_Throwing \_\_\_Grasping \_\_\_Standing

\_\_\_Walking \_\_\_Running \_\_\_Hitting \_\_\_Other:\_\_\_\_\_\_\_\_\_

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

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

\_\_\_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

\_\_\_\_Intergroup

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

\_\_\_3\_\_Minimum \_\_10\_\_\_Maximum

1. What attire (ex. clothing) is needed to be socially appropriate?\_\_\_casual clothing with closed toe shoes\_
2. What are the types of rewards involved in this activity?

\_\_\_Immediate \_\_\_\_Delayed \_\_\_Extrinsic \_\_\_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?\_\_7\_\_\_
2. How complex are the rules to understand?

\_\_\_\_Simple \_\_\_\_Somewhat complex \_\_\_\_Complex

1. How complex is it to keep score?

\_\_\_\_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:

\_\_\_Joy \_\_\_Gratitude \_\_\_Serenity \_\_\_Hope \_\_\_Pride

\_\_\_Amusement \_\_\_Inspiration \_\_\_Love \_\_\_Guilt \_\_\_Pain

\_\_\_Anger \_\_\_Fear \_\_\_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 and Frustration. These emotions might be caused by competitiveness between players. These need to be controlled just to make sure no one is hurt and overall the game is fun to everyone involved. |  |  | X |  |

**SPIRITUAL ASPECTS**

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

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

\_\_\_\_Opportunities for aesthetic appreciation \_\_\_\_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 \_\_\_Supervisory

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

1. List equipment needed:

No specific equipment needed except for clients willing to participate.

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

Normally this type of leisure is played either outside or inside where there is a large open area so no one falls and gets hurt.

1. What is the duration of the activity?

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

Normally this game has a natural end, when everyone is “frozen” the game is over. However, some people play for a score. They do that by setting a timer and whoever freezes everyone the fastest then they are the winner.

Part 2:

1. One player runs around trying to tag other players. When other players are tagged, they are to stand still or “freeze”. When frozen, players that are not frozen can tag them with their hand and “unfreeze” them. The minimum of players is three and the maximum number of players is ten. There are no specific equipment requirements.
2. Children five years of age and older will be able to play. The children need to be able to understand rules and follow directions. I would say pre-k or first grade would be a good educational age to start at. I would say adults in their twenties and thirties will still be able to interact with their younger family members with this activity.
3. This game should be played outside or either inside in a wide-open area. This is to avoid tripping and falling. Since there is running involved as much clutter should be removed from the space as possible.
4. The predominant physical demands are stretching, walking, reaching, running, grasping, and standing. Depending on if you are the tagger or the runners will depend on what motions you mostly use. It is a unilateral social aspect, which means that the activity has three or more people and the focus is on one antagonist. The rules are somewhat complex because of being able to “unfreeze” people. This sometimes creates confusion because the tagger may feel like they are done playing and have “frozen” everyone already. Emotionally clients could feel joy, amusement, anger, fear, frustration, or pride during and after the game. Fear could come from fear of being tagged and no longer being able to participate in the running aspect of the game.
5. For a child with that has low physical endurance and a shortened attention span here are some modifications or adaptations I would make. First, before starting the game I would show an example of how the game would be played and the participants should interact with each other. During the game I would remind the clients what was happening. As for the physical aspect, I would walk or fun beside the client to make sure they are not pushing themselves too hard during the activity. Additionally, I could make decrease the boundaries of the playing area so that there is not as much running involved. There could also be more “taggers” as to allow the game to go by faster so there are more rest breaks in between. Finally, there could be time limits so that the rounds do not last too long for the client.