**Activity Analysis and Modification**

**PART 1**

Activity: Freeze Tag

**Physical Aspects**

What is the primary body position required: Standing

What body parts are required: arms, hands, legs, feet, neck, head, upper torso, lower torso¨

What types of movement does the activity require: Stretching, standing, walking, catching, reaching, grasping, running, skipping/hopping, bending

What are the primary senses required for this activity: Touch, sight, hearing, smell

**Rating scale goes from 1 (Much) to 5 (Little)**

What amount of coordination and movement between body parts are required: **1** 2 3 4 5

What is the degree of hand-eye coordination needed: 1 2 **3** 4 5

What degree of strength is needed: 1 2 3 **4** 5

What degree of speed in needed: **1** 2 3 4 5

What degree of energy is needed: **1** 2 3 4 5

What degree of flexibility is needed: 1 2 **3** 4 5

**Social Aspects**

What is the primary social interaction pattern required: Unilateral

What is the minimum or maximum amount of people required: min of 3, infinite max

What clothing is needed to be socially appropriate: Close-toed shoes, and athletic clothes

How much physical proximity is required: **1** 2 3 4 5

How much physical contact is required: 1 2 **3** 4 5

What degree of communication is required: **1** 2 3 4 5

What degree of noise is generated: **1** 2 3 4 5

**Cognitive Aspects**

How many rules are required: 1 2 **3** 4 5

How complex are the rules: 1 2 3 4 **5**

What degree of strategy is required: 1 2 **3** 4 5

What degree of complexity is involved in scoring: 1 2 3 4 **5**

What degree of long-term memory is required: 1 2 **3** 4 5

What degree of short-term memory is required: 1 2 **3** 4 5

What degree of verbalization of thought process is required: **1** 2 3 4 5

What degree of concentration is required: **1** 2 3 4 5

What degree of concrete thinking is required: 1 **2** 3 4 5

What degree of abstract thinking is required: 1 **2** 3 4 5

To what degree are each of the following skills used in the activity?

Reading: 1 2 3 4 **5**

Writing: 1 2 3 4 **5**

Math: 1 2 3 **4** 5

Spelling: 1 2 3 4 **5**

To what degree does the participant need to identify or use the following?

Form and shape: 1 2 3 **4** 5

Colors: 1 2 3 4 **5**

Size: 1 2 3 4 **5**

Numbers: **1** 2 3 4 5

Body parts: **1** 2 3 4 5

Directionality: **1** 2 3 4 5

**Affective Aspects**

To what degree does the participant have the opportunity or outlet to express the following?

Joy: **1** 2 3 4 5

Guilt: 1 2 3 **4** 5

Pain: 1 **2** 3 4 5

Anger: 1 2 **3** 4 5

Fear: 1 2 3 **4** 5

Frustration: **1** 2 3 4 5

**Administrative Aspects**

What type of leadership skills are required by the activity: specific activity-skill expertise, general activity-skill expertise, supervisory

What type of equipment is needed for the activity: Can be made (objects to make a boundary for the players)

What type of facility is required by the activity: No specific environment required

What is the time duration of the activity: natural end, continuous

What is the number of participants required for the activity: At least 3 to 4 participants

**PART 2**

1. Freeze tag is a game played by a group of at least 3 people, where there one or more people designated as the antagonist or “freezer” and everyone else’s job is to not get tagged by the freezer. If someone gets tagged, they are supposed to stand still or are “frozen” until one of their teammates tags them back into the game. The objective of the game is to have the freezer freeze everyone on the other team so no one is left running around and the winner is the new freezer.
2. The approximate ages for people who want to play freeze tag should be around five years old to when you can’t walk anymore without assistance. The approximate education level for playing this game should include basic sports knowledge and some elementary or preschool knowledge for them to fully enjoy the game.
3. Some precautionary issues that could occur during the game may include trips and falls, scrapes, bruises, twisted or hurt ankles/wrists, and cuts.
4. The physical aspects of freeze tag include running, standing, tagging, and jumping. The social aspects of freeze tag include one antagonist against everyone else to try and tag them. The cognitive aspects of freeze tag include a very short list of rules and guidelines so that anyone can pick it up whenever they want to. Finally, the emotional guidelines provide for everyone to run around and express themselves however they feel about doing so.
5. For my game of freeze tag, my clients have low physical endurance and a shortened attention span. My modifications for this game of freeze tag will be to add one or two additional freezers so that the games go by quicker and so that my clients will not be as out of breath or to lose the attention of the game as quickly as they would be if there was just one. Another consideration for the game would be to shorten the normal field so that people don’t have to run around as much.