

**Activity Analysis Form
RECR 120**

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

Activity: Kickball

PHYSICAL ASPECTS

1. What is the primary body position required?

Lying Down Sitting Other: _____
 Kneeling Standing

2. What body parts are required?

Arms Legs
 Hands Feet
 Head Neck

3. What types of movement does the activity require?

Bending Reaching Catching Skipping/Hopping
 Stretching Throwing Grasping Standing
 Walking Running Hitting Other: _____

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

Sight Hearing Smell Taste
 Touch

5. 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 | | | | * |
| Hand-Eye Coordination | | | | * |
| Body Strength | | | * | |
| Speed | | | | * |
| Endurance | | | | * |
| Flexibility | | * | | |
| Fine motor manipulation of objects | | * | | |
| Gross Motor skill | | | | * |

| | | | | |
|--|--|--|--|---|
| Degree of cardiovascular activity involved | | | | * |
|--|--|--|--|---|

SOCIAL ASPECTS

6. What is the primary social interactional pattern required in the activity?
 ___ Intraindividual ___ Extraindividual ___ Interindividual
 ___ Unilateral ___ **Multilateral** ___ Intragroup
 ___ Intergroup
7. What is the minimum (fewest) number or maximum (greatest) number of people required for the activity?
 5 Minimum 20 Maximum
8. What attire (ex. clothing) is needed to be socially appropriate? Athletic clothing, tennis shoes
9. What are the types of rewards involved in this activity?
 ___ **Immediate** ___ Delayed ___ **Extrinsic** ___ Intrinsic
10. 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 | | | | * |
| Physical contact between players | | | | * |
| Opportunity for casual conversation | | * | | |
| Opportunity for sharing | * | | | |
| Turn-taking | | * | | |
| Noise level generated by activity | | | | * |

COGNITIVE ASPECTS

11. How many rules are there for the game/activity? 8

12. How complex are the rules to understand?
 ___ Simple ___ **Somewhat complex** ___ Complex

13. How complex is it to keep score?
 ___ **Simple** ___ Somewhat complex ___ Complex

14. 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) | | * | | |
| Long-term memory | * | | | |
| | None | Little (Less than 25%) | Some (25-75%) | Much (More than 75%) |
| Short-term memory (immediate recall) | | | * | |
| Concentration | | | * | |
| Academic Skills - Reading | * | | | |
| Academic Skills - Math | * | | | |
| Academic Skills - Writing | * | | | |
| Identification of directionality (up/down, left/right, over/under, etc.) | | * | | |
| Identification of numbers | * | | | |
| Identification of body parts | | * | | |
| Identification of colors | * | | | |
| Identification of form & shape | * | | | |
| Orientation to person, place, and time | | | * | |

EMOTIONAL / AFFECTIVE ASPECTS

15. Emotions the activity may most likely elicit:
 ___ **Joy** ___ Gratitude ___ Serenity ___ **Hope** ___ **Pride**
 ___ **Amusement** ___ Inspiration ___ Love ___ Guilt ___ Pain

___ **Anger** ___ Fear ___ **Frustration**

16. Identify the level of emotional aspects below:

| | None | Little Less than 25% | Some (25-75%) | Much More than 75% |
|--|------|-------------------------|------------------|-----------------------|
| Opportunities to express emotions | | * | | |
| Need to control emotions | | | * | |
| Identify the emotions: | | | | |
| Anger | | | | |
| Frustration | | | | |

SPIRITUAL ASPECTS

17. 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

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

- ___ Specific activity skill expertise ___ **Supervisory**
 ___ General activity skill expertise ___ No specific leadership style needed

19. List equipment needed: N/A

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

Large open area with little to no obstacles or objects that could get in the way

21. What is the duration of the activity?

- ___ Set time ___ **Natural end** ___ Continuous

Kickball is a sport similar to baseball in which there are bases, a “pitcher”, players on the bases and in the outfield, and a “kicker”. There must be a minimum of 18 players (9 on each team) in order to properly play kickball and the only equipment you will need is a kickball, and bases. One team will go onto the field at a time, and the other team will be the kickers. The team on the field will pitch the ball by rolling it on the ground towards the kicker. The kicker will kick the ball as hard as he or she is able, and the job of the players in the field is to try and catch the ball/throw it to the base in which the kicker is running before he or she arrives at that base. This means that kicker is “out” and must return to their team off the field. Another kicker comes up to kick after an “out”, and after three outs, the teams switch. If a kicker makes it to all bases and back to the home base without getting tagged, that gives their team a home run. This is how points are kept.

People of almost any age are able to participate in kickball, as long as certain physical skills are able to be met. Players will need to be able to run, or walk, kick, catch, and perform several other gross motor skills. Kickball is not a dangerous sport in general, however, there are several precautions that should be taken to avoid potential injury to the players. First off, the kickball itself is not very hard, but if it gets enough speed behind it and hits someone, especially in the head, it could do some damage. Next, it is crucial to ensure that all players are dressed in athletic clothing, and especially have tennis shoes on. This will avoid hurting other players if toes are stepped on, and also reduces the risk of rolling or breaking ankles on the bases or while turning. As mentioned above, players will be expected to be able to run, or at least walk swiftly, catch, and kick. Along with these skills, players will also be expected to know when it is their turn, and be able to understand the basic principles of the game in order to get points for their team. With

kickball, one team always loses (unless there is a tie), and players will need to be able to handle a team loss and not take them poorly.

Modifying kickball for someone in a wheelchair and with a visual impairment is definitely a challenge, however, it is not impossible. To begin with, it would be difficult for most people in wheelchairs to use their legs, or kick a ball that is rolling towards them, so I believe it would make it more fair to let players use one hand balled up in a fist to hit the ball using a bowling motion instead of kicking it. Knowing that this motion would be somewhat difficult to perform for people sitting down, I believe it would also be necessary to allow players to have several "pitches" rolled to them, and have the players in the field be able to play closer to the kicker, as a punch will more than likely not send the ball flying as far as a kick would. Going off of this, the players in the outfield should be able to let the ball bounce two times before they have to catch it, and it still counts as an "out" for them. This is fair due to the fact that it will most likely take players in wheelchairs longer and use more effort to move to the ball. Since these players also have visual impairments, it would be beneficial if the ball could make some kind of noise when flying through the air, or when it hits the ground. Because these people are not blind, only partially visually impaired, having a ball that makes noise would be greatly beneficial to give them a better idea of where to look for the ball.