## **Components of Activity Analysis**

Table 1 outlines specific components related to each aspect (Anderson & Heyne, 2012). Tables 2 through 5 look at the specific components within Hawks and Squirrels. While performing an activity analysis it is critical to remember two things. First, the activity analysis is performed on the activity as it is typically done. Second, only the minimal skills are evaluated. For example, when performing an activity analysis on soccer, only the minimal soccer skills required are considered. Evaluating the skills associated with an upside-down, flying, bicycle kick is outside the scope of an activity analysis.

### Table 1.

Aspect	Indicators
Cognitive	Complexity of rules, strategy, sequencing, memory, judgment, academic skills, pre- requisite knowledge
Social	Number of campers, social interaction pat- tern, communication style, turn taking
Physical	Body position, coordination, strength, speed, balance, endurance, flexibility, body parts involved
Emotional	Emotions involved: joy, pride, inspiration, gratitude, anger, fear, opportunities for expression, levels of perceived risk, oppor- tunities to make choices

#### Table 2.

Cognitive		
Complexity of Rules	Low to moderate: must collect one of each resource, avoid being tagged by hawk, may utilize safe zones, must reach safe zone after collecting all resources	
Strategy	Low to moderate: order in which to collect resources, what path to travel to collect resources while avoiding hawks	
Sequencing	Low: no specific order in which resources must be gathered	
Judgment	Low to moderate: judge how much time they have to get to next resource, judge which resource	
Prerequisite Knowledge	Low to moderate: basic understanding of cause and effect, basic understanding of predator-prey relationship	

# Table 3.

Social		
Number of Participants	Variable: 15 to 30	
Social Interaction Pattern	Inter-group: competitive between two teams Unilateral if only one hawk: three+ with one antagonist	
Communication Style	Verbal: not required	
Turn Taking	Limited: may take turns starting who is a hawk/squirrel	
Required Roles	Hawk, squirrel	

## Table 4.

Physical		
Body Position	Standing upright while running/jogging	
Coordination	Moderate: hand-eye coordination to tag and grab resources, mobility coordination to navigate playing field	
Strength	Low: minimal grip strength to grab resources	
Speed and Agility	Moderate to high: multidirectional agility to get from one resource to another without issue and to chase and tag	
Balance and Flexibility	Moderate: balance to maintain upright position while navigating resources and playing field. Low to moderate flexibility of upper torso, legs, and arms to collect resources	
Body Parts Involved	All parts of body utilized including fine and gross motor skills	

## Table 5.

Emotional		
Emotions Involved or Elicited	Competitive, pride, happiness, anger, failure/loss	
Self-Expression	None to low	
Levels of Perceived Risk	Low to moderate: falling, being tagged	
Opportunities to Make Choices	Low: choose order of resource collection, route/direction to take	