

ACTIVITY WRITE-UP

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Name of Activity: Chair Volleyball

Type of modality	Adapted Sport Games
Type of play	Shared cooperative
Interaction pattern	Inter-group
# of participants required	10-12 participants (2 teams of 5 or 6 people)
Equipment/supplies	<ul style="list-style-type: none"> • Chair for each player • Medium- large sized beach ball or anything that can be easily served and passed around without causing harm (ex. balloon) • Net
Facilities required/environment	Ideal space for activity includes a room with high ceilings and open space for run-away or out-of-bounds balls.
Precautions	Choose chairs with adequate support and floor grip to prevent sliding and falling out of chairs during game.

Directions

1. Divide players into 2 even groups of either 5 or 6 (depending on how many players overall).
2. Players should arrange themselves into 2 rows of players. (5 players- 2 front, 3 back 6 players-3 front, 3 back)
3. Facilitator of the game should toss a coin to determine which team gets to serve first.
4. Player seated in the back right position of the team who wins coin toss gets to serve ball first over the net to the opposing team.
5. From a seated position, players continue hitting ball back and forth across net until ball is dropped or becomes dead.
6. Only the serving team can accumulate points. If the opposing team of the serving team drops the ball, the serving team receives a point.
7. If the ball becomes dead, the opposite team of team who drops ball next to serve.
8. Server of the ball rotates within teams (players do not change seats, just rotate the ball).
9. Game continues on as listed above.
10. First team to accumulate 15 points wins the game.

Activity Analysis

Category	Skills
Primary body position	Sitting

Part of the body required	All body parts except the use of lower extremities
Movement	Serving, throwing, reaching, turning/twisting upper body, hitting, manipulating, carrying in the hands, releasing
Physical	Balance (dynamic sitting), upper body strength and flexibility, endurance, upper extremities AROM, gross muscle coordination, visual-motor integration/ hand-eye coordination, crossing midline, muscle strength
Cognitive	Alertness and arousal, attention (divided, focused, selective, sharing, sustaining), decision making, direction following, concentration, spacial operations, strategizing, judgement,
Social	Social conduct, interpersonal interactions, leadership, maintaining social space, regulating behavior, relating with equals, relating with authority, social cues
Perception	Visual, tactile
Communication/language	Reception of spoken language, reception of signs and symbols, expression of spoken language
Self-care	N/A
Psychological/emotional (possible)	Excitement, competitiveness, guilt when dropping ball, fear (of flying objects)

How to Simplify the Activity: Lessen points needed to win.

How to Make the Activity More Complex: To make the game more complex, players who are able, should attempt to play the game while standing; now incorporating dynamic standing balance and the use of all extremities. Be aware of safety precautions.

Other Comments: Players in wheelchairs can participate in the game using their personal wheelchairs.