

ACTIVITY WRITE-UP

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Name of Activity: Field hockey- shooting

Type of modality	Active sport games
Type of play	Solitary
Interaction pattern	Extra-individual
# of participants required	1-2
Equipment/supplies	Field hockey stick, ball, net
Facilities required/environment	Flat field or turf
Precautions	Be careful if there are others on the field (do not shoot the ball at others). Be aware of body in space, take precaution to not over exert movement while swinging the stick.

Directions

1. Participant can place the ball on the ground, then take a step back from it
2. Stand with legs shoulder width apart, in a balanced stance
3. Hold stick behind the ball, with a slight bend at the hips and knees
4. Bend right elbow back, if right handed. If left handed, bend left elbow back. Opposite arm should come straight across the body, in a ready to swing position
5. When instructor gives the okay, with max force participant can swing the stick to hit the ball
6. Always keeping eyes on the ball while swinging to help with accuracy of the shot
7. When contact with the ball and stick are made, hips, upper body and front toe will all rotate
8. Stick should follow through also to the target to ensure accuracy
9. After shot is made, instructor can place another ball on the ground to be hit
10. Continue game until shooting accuracy is made

Activity Analysis

Category	Skills
Primary body position	Standing in a slight bent position, balance: dynamic standing
Part of the body required	All body parts
Movement	Hitting(swinging), palmer grasp with both hands (grasping), turning/twisting body, bending
Physical	bilateral integration, crossing midline , flexibility, muscle strength, range of motion (upper and lower extremities), gross and fine motor control

Cognitive	Concentrating, orientation: topographical, motor planning, auditory and tactile functioning, decision making
Social	NA
Perception	Sequencing, spatial operations, visual
Communication/language	Reception to spoken voice
Self-care	NA
Psychological/emotional (possible)	Frustration or joy (making the shot or not)

How to Simplify the Activity: player could get a longer stick so they don't have to bend down to meet the ball. Assisted technology like a cuff to help use palmer could be used.

How to Make the Activity More Complex: Player could take shots on the net "on the move", or from different angles of the net