

ACTIVITY WRITE-UP**Name of Activity: Wii Boxing**

Type of modality	Technology/Sport
Type of play	Shared Cooperative
Interaction pattern	Inter-individual
# of participants required	2
Equipment/supplies	<ul style="list-style-type: none"> • Tv • Wii console • Wii CD • Wii remotes • Batteries
Facilities required/environment	A spacious room indoors with lighting.
Precautions	<p>If there is not enough space, players may:</p> <ul style="list-style-type: none"> • Accidentally hit each other • Break objects • Trip or fall over things on the floor <p>If the Wii remote is not properly on a players' wrist, then it can fly out of their hand and hit the other player or object.</p>

Directions

1. Turn on the TV, Wii console, and remotes.
2. Insert the CD and let it load until the game selections appear on the tv screen.
3. Go through the list of games and select the "boxing" option by clicking on it.
4. Make sure both Wii remotes are connected to the game by clicking in each player and then the boxing game will begin.
5. Round 1 begins and players control their characters' actions by moving their arms in punching motions and blocking their character's face in order to not get punched.
6. Continue punching until time runs out (there are 3 rounds that last for 3 minutes total) or until a player is knocked out.
7. When time runs out, there is a minute break and round 2 begins.
8. Steps 6-7 are repeated until the last round (Round 3) if no one is knocked out yet.
9. The winner is determined by either the last player standing or by the amount of points each player has.
10. The game will ask if players want to stop the boxing game or if they want a rematch.

Carmen Luong
Activity Analysis

Category	Skills
Primary body position	Standing
Part of the body required	All body parts, in particular the hands and arms.
Movement	Movement, carrying in the hands, grasp: palmer grasp, hitting, punching, standing, stretching, and turning/twisting hands or arms.
Physical	Balance: dynamic standing, bilateral integration, cardiovascular endurance, gross muscle coordination, muscle strength, active range of motion: upper and lower extremities, speed, and visual-motor integration.
Cognitive	Arousal/alertness, attention: focused attention, cognitive flexibility, concentration, decision making: simple, initiation, insight, judgment, orientation: person and place, organizing, planning, and strategy.
Social	Conversation: starting, sustaining, and ending, interpersonal interactions, maintaining social space, regulating behavior, relationships: forming, social cues, showing respect, warmth, and tolerance.
Perception	Auditory, tactile, and visual functions.
Communication/language	Reception of written language, reception of body language, expression of spoken language and producing body language.
Self-care	N/A
Psychological/emotional (possible)	Joy, pain, anger, fear, and frustration.

How to Simplify the Activity

To simply the activity, let the players sit down during the game which will let players to only use their upper extremities.

How to Make the Activity More Complex

To make the activity more complex, instruct the players to lightly jog during the activity to use their lower body along with their upper body.

Other Comments

Although things may get competitive and frustrating, players should control their emotions and remember that this is a game. Also, be careful of objects around the room and make sure players do not accidentally punch the television screen.