What’s My Activity? – Warm-Up Activity

Location: In  Rhythm: No  Nutrition: No  Equipment: White board, marker

Get Ready:
• Prepare ideas for different physical activities ahead of time: e.g., hockey, soccer, frisbee, swimming, rock climbing, gardening, basketball, biking, running, cooking, brushing your teeth, taking a shower, playing a video game, horseback riding.
• Have students pair up.

Directions:
• One person in each pair will face the board. The other will have their back to the board.
• I will write 5 activities on the board (using my body as a screen to shield what I am writing). Then I will move out of the way so the “movers” can see the activities.
• The student who is facing the board must act out the activities until their partner is able to guess them all.
• To keep everyone moving, the guessers will be doing (chair stands, toe raises, squats) the whole time they are guessing!
• Then partners will switch roles and I will write five more activities on the board.

Tips:
• Ask students to think of new movements to add to the board.
• Teachers can swap places with different students and let students write activities on the board while the teacher acts out the movement with their partner!

Adjustments for Physical Distancing:
• Gather students in designated spaces 6 feet apart (tip: a grid will work best).
• Have students turn to face a neighboring student, help students as necessary.
• Partners will decide who will be the actor first and who will be the guesser first.
• The first actor will think of and act out a physical activity of their choice. The guesser must do toe raises or squats while they try to guess the activity being mimed.
• Once an activity is guessed correctly, the partners will stay in place but switch roles.
• Play for as long as time allows.

Equipment: None

Source: Adapted from an activity in East Carolina University: Activity Promotion Laboratory, Healthful Living Middle-School Energizers. 2007

Standard Connections

Did You Know?
• Children should do muscle strengthening activities 3 or more days per week, every week!
• You did some muscle strengthening activities today while you were guessing what your partner was doing.

Show and Tell!
✓ Tell me about other times you do muscle strengthening activities. Do you do them at home, for fun, or for sports?
✓ Show me a muscle strengthening activity you enjoy, and tell me what part of your body is working.

Try This at Home
• Next time you have to sit or stand around and wait for something (at the store, for the bathroom at home, waiting in line, waiting for the bus, etc.), try doing some muscle strengthening activities like we did today.
• How many squats can you do before the bus comes?