

Activity Charades!

Working at home does not mean that you cannot have fun and be active! It really important to keep active and do something that gets your heart rate up and you are slightly out of breath.

This simple game can be played with your family, at school or even as a video chat with your friends!

Cut out the activities below and put them in to hat. You have 2 minutes to act out as many of the activities below while your friends or family try to guess them!

Once everyone has had a go, the person with the most points will be the winner!

Flipping a pancake	Synchronised swimming	Snooker	Driving a car	Ice Skating	Taking a penalty kick	Cricket
Curling	Sailing	Painting	Gymnastics	Diving	Ski Jumping	Cycling
Athletics	Hula Hoop	Boxing	Pole vault	Swimming	Fishing	Hoovering
Sleeping	Javelin	Cutting the grass	Rowing	Cricket	Knitting	Climbing ladders
Washing a car	Scootering	Sumo Wrestling	Golf	Dressage	Show jumping	Gardening
Handball	Walking	Shot Put	Hurdles	Tae Kwon Do	Abseiling	Walking the Dog
Dancing	Squash	Badminton	Bobsleigh	Bowls	Slalom Skiing	Archery
Hockey	Netball	Basketball	Fencing	Rounders	Surfing	Frisbee