

Physical Activity: Whose Activity Is It Anyway?



People enjoy different types of physical activity. While one person loves to run, another spends hours gardening. Activities that get the body moving can help improve health. The key is to find what you like and enjoy physical activity every day!

This is an interactive game where the activities are made up and what matters is moving the body! This game can be used in group settings, or as an interactive display. Print a variety of physical activities (examples below) on paper. Cut apart, fold and place in a container. Have one person select a slip of paper and silently act out the activity while others try to guess what he/she is doing.

Have extra slips of paper for participants to write additional activities to act out.

Shooting a Basketball

Playing Tennis

Serving a Volleyball

Pitching a Baseball

Ice Skating

Jumping Hurdles

Speed Skating

Walking a Tightrope

Golfing

Jogging

Back Packing

Rowing a Boat

Diving

Throwing a Football

Swimming

Riding a Bicycle

Riding a Unicycle

Sky Diving

Gardening

Vacuuming

Mowing the Lawn

Water Skiing

Walking the Dog

Fly Fishing

Throwing Horse Shoes

Scoring in Soccer

Sledding

Making Snow Angels

Skipping

Snowboarding

Skateboarding

Climbing a Rope

Wrestling

Horseback Riding

Dancing

Going down a slide

Marching

Snow Skiing

Catching Butterflies

Climbing the Stairs

Weight Lifting

Long Jumping

Physical Activity – Your Way, Every Day



Wellness IN the Rockies is a community-based research, development and education project to improve the health of individuals in Idaho, Montana and Wyoming. To learn more, visit us at <http://www.uwyo.edu/wintherockies>. Supported by award 0004499 through the IFAFS (Initiative for Future Agriculture and Food Systems) Competitive Grants Program/USDA.