

Moveable Joints Charades

This activity has been modified from one at [The National Football League](#) and the [American Heart Association](#) are proud to work together to produce What Moves U. Submitted by Kristin J. Oberle, South Junior Health School, Newburgh, New York



Year groups?

With some modification this activity could be used for most year groups. Older students could find it a quick and easy revision lesson for the beginning of the year.

Foundation

Practise [fundamental movement skills](#) and [movement sequences](#) using different body parts and in response to stimuli ([ACPMP008](#))

Years 1-2

[Discuss](#) the body's reactions to participating in physical activities([ACPMP028](#))

Years 3-4

Practise and refine [fundamental movement skills](#) in different [movement situations](#) ([ACPMP043](#))

Years 5-6

[Investigate](#) community resources and strategies to seek help about health, safety and [wellbeing](#) ([ACPPS053](#)) (include sporting facilities in a map of the community)

Years 7-8

Participate in physical activities that [develop](#) health-related and [skill-related fitness](#) components, and create and monitor personal fitness plans([ACPMP083](#))

Years 9-10

[Develop](#), implement and [evaluate movement concepts and strategies](#) for successful outcomes ([ACPMP101](#))

Literacy

To interpret and use language confidently for learning and communicating in and out of school and for participating effectively in society. Literacy involves students in listening to, reading, viewing, speaking, writing and creating oral, print, visual and digital texts, and using and modifying language for different purposes in a range of contexts.

Activity Time: approx. 40 minutes

When to use

- Good for a lively class who prefer to be moving.
- Could form part of formative assessment
- A thorough revision activity
- Could be modified to include muscles or to identify possible injuries

Teacher preparation

Create Moveable Joints Charade cards. Feel free to add your own movements. Some of these cards have been prepared for you – see below. There is also a file of pictures of activities.

Activate students' prior learning of skeletal functions

Discuss answers to the question “What kinds of movements do your bones help you make?” Identify four types of moveable joints in the human skeleton; discuss where they are located in the body and what types of bone movements they allow.

Distribute the Moveable Joints Charades Activity Sheet, and present directions for the activity:

Student instructions

One student at a time will volunteer to select a Moveable Joints Charades index card and act out the activity listed on the card.

Students watching will guess what activity is being performed and write it on their Moveable Joints Charades Activity Sheet (provided below). Students will list at least three bones used to perform the activity and at least two types of bone joints used.

Repeat the activity with another student volunteer.

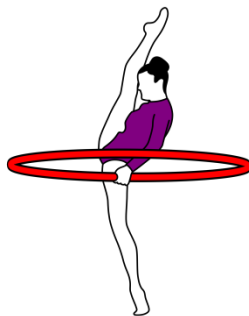
After each turn, students must complete their sheets and discuss bones and bone joints used.

This can be done in teams, individually or as whole-group instruction.

Close the lesson by asking students to list the four types of bone joints in the body and what kinds of movement they allow.

Modifications

- Students may be grouped into teams, with each team responsible for performing one of the charades activities, and the other teams guessing correctly
- Student teams are given cards with a team activity that they as a team must demonstrate, such as playing a baseball/football game, soccer/tennis match
- Points can be awarded for correct responses
- Students have to name the bones and muscles affected by the joints
- Students identify possible injuries



Moveable Joints Charades Activity Sheet

Date

Name/s

Performers	Activity	Bones	Moveable joints