#NCsconnects Virtual Activity

**Activity:** Action Charades

**Category:** Fitness

**Suggested Grade Level:** Grades 1-12

**Description:** A classic interactive game everyone in the family will love. All you need is creativity and an empty space to move around.

**Instructions:**
1. Choose a player to start the game.
2. That player thinks of a sport or physical activity (i.e., running, throwing a baseball, swimming).
3. Without talking, the player acts out the movement and the other players guess the sport.
4. Once they guess correctly, it’s the next player’s turn to act out a movement.
5. To make it more challenging, add a time limit for those guessing, or play in teams and keep score!

**Takeaways:** This game improves your gross motor skills while challenging your mind to think of activities.