**Moveable Joints Charades Activity**

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| --- | --- | --- | --- | --- |
| # | **Activity** | **Bones Used** | **Synovial Joints Used** | **Type of Movement(s)** |
| 1 | Dribble a Basketball |  |  |  |
| 2 | Do “the robot” |  |  |  |
| 3 | Throw a Football |  |  |  |
| 4 | Kick a Soccer ball |  |  |  |
| 5 | Swing a baseball bat |  |  |  |
| 6 | Jump with a jump rope |  |  |  |
| 7 | Swim |  |  |  |
| 8 | Wave Goodbye |  |  |  |
| 9 | Do Jumping Jacks |  |  |  |
| 10 | Hop on One Leg |  |  |  |

**Moveable Joints Charades Activity**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| # | **Activity** | **Bones Used** | **Synovial Joints Used** | **Type of Movement(s)** |
| 1 |   |  |  |  |
| 2 |   |  |  |  |
| 3 |   |  |  |  |
| 4 |   |  |  |  |
| 5 |   |  |  |  |
| 6 |   |  |  |  |
| 7 |   |  |  |  |
| 8 |   |  |  |  |
| 9 |   |  |  |  |
| 10 |   |  |  |  |