



**On your Mark, Get Set,
Let's Move!**

Apple Reach & Stretch Exercise



Dino's Garden Exercises Keeping Fit in the Garden

INSTRUCTIONS:

- * Begin with both hands held high.
- * Reach up with your right hand as high as possible.
- * Now repeat the exercise this time reaching up with your left hand.
- * Repeat!

Fruit and Veggie Talk:

Fruits are frequently grows in trees. Let's see if we can name all types of fruit that grows in trees? Which one is your most favorite to eat?