



Melon Balls Exercise



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



Dino's Garden Exercises
Keeping Fit in the Garden

INSTRUCTIONS:

- * Have the children form a single line in a soft grassy play area or on one edge of a tumbling mat.
- * Let the children call out which type of melon they want to be, then have them somersault straight along the ground or on the mat, rolling just like a melon!
- * On the return to their original positions, ask the children to pretend to be a different variety of melon and again, somersault in as straight a line as possible.

Fruit and Veggie Talk:

Melons come in many colors - What melon is Red? White? Orange? Yellow?
Which one is your favorite to eat for breakfast?