



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

Persimmon Reach 'n' Plop Exercise



Dino's Garden Exercises Keeping Fit in the Garden

INSTRUCTIONS:

- * First, lead the children in reaching high up into the persimmon tree to pick a fruit on a top branch.
- * With their arms stretched upward in a V shape, have them sway back and forth as the wind blows through the branches.
- * Oooops! The fruit the children were picking dropped onto the ground! Have the children crouch at the knees with fingers on the ground.
- * The children then leap forward three times as the fruit moves along on the ground.
- * Then they PLOP onto the ground where the "persimmon" comes to rest!

Fruit and Veggie Talk:

Persimmons are orange. Can you name five other fruits and veggies that are orange for me?