



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

# Raspberry Tightrope Walk Exercise



**Dino's Garden Exercises** Keeping Fit in the Garden

## **INSTRUCTIONS:**

- \* Place a 2X4 board on the ground.
- \* Have the class line up.
- \* Then one at a time have them walk the plank.
- \* Remind them to balance so they do not fall off (into the raspberry bushes.)

### **Fruit and Veggie Talk:**

Do you like eating berries? Yes, well let's see how many yummy berries we all can name.