



The Carrot March Exercise



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

INSTRUCTIONS:

- * To start, have the children stand in a line facing outward.
- * Next, have the children lock their elbows and knees in a straight position and march “across the field” to a line the teacher has designated as the stopping point.
- * On the return to their original positions, have the children keep their arms straight, but walk with their knees high.
- * Next, have the children keep legs straight, but elbows bent, and march “across the field” as in #2 above.
- * Finally, have the children return to their original positions marching backwards with knees bent and arms straight!

Fruit and Veggie Talk:

Carrots grow under the ground. What are some other veggies that grow under the ground?

