



Winter Squash Toss Exercise



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



Dino's Garden Exercises Keeping Fit in the Garden

INSTRUCTIONS:

- * Set out a row of Winter Squashes a couple of feet apart and 5 feet from the toss line.
- * Using five 12-inch rings have the children toss the rings over the squash.
- * Every time a squash is ringed - the child names that squash!
- * Repeat until all the squash are ringed and named.

Fruit and Veggie Talk:

There are so many different colors, shapes and sizes of winter squash. How many can you name and which ones have you eaten?'