

PUMPKIN PATCH

Games with Safe Physical Distance

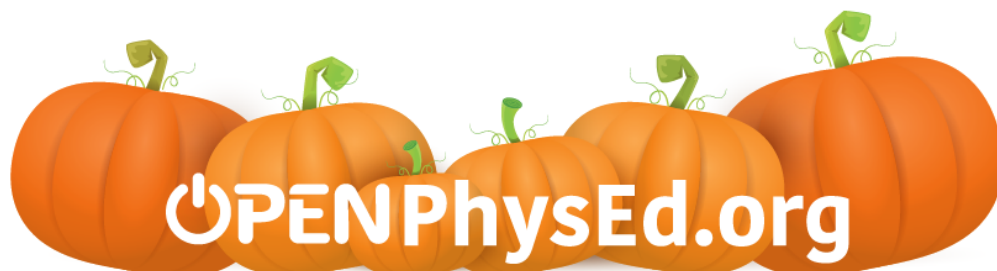
PUMPKIN PATCH FITNESS CARDS

Let's have some Pumpkin Patch fun as we use Pumpkin Patch Fitness Cards to exercise our muscles and improve our aerobic capacity.

Pick a card. When the music starts, everyone will do the exercise named on the card.

When the music stops, we'll stop our activity and pick a new card.

[\[See the Demonstration on YouTube\]](#)



OPENPhysEd.org

PUMPKIN PATCH

Games with Safe Physical Distance

