



Pumpkin Patch Fitness

STUDENT TARGETS

- **Skill:** I will perform fitness exercises with a focus on form and safety.
- **Cognitive:** I will identify if exercises are health-related or skill-related.
- **Fitness:** I will actively engage in order to increase my heart rate during the activity.
- **Social/Emotional:** I will cooperate with my partner by taking turns in the pumpkin patch.

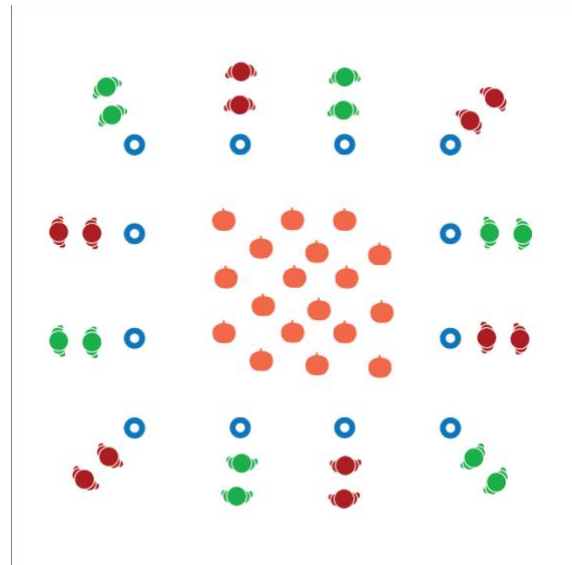
EQUIPMENT & SET-UP

Equipment:

- Pumpkin Patch Exercise Cards
- 1 large cone or low-profile cone per group
- Halloween music and music player

Set-Up:

- Place cones around the perimeter of the activity area.
- Scatter Pumpkin Patch Exercise Cards in the middle of the activity area inside the cones.
- Create groups of 2-3 students. Send each group to a cone.



ACTIVITY PROCEDURES

1. This activity is called Pumpkin Patch Fitness! When the music starts, one partner will gallop into the center to pick a pumpkin (exercise card) and return it to your cone. The other partner will jog in place.
2. When the partner returns with the pumpkin, begin completing the exercise that is identified on the card.
3. As soon as you've completed the exercise, the other partner will gallop into the center to return the pumpkin and pick a different exercise card to repeat the process.
4. Continue taking turns until the music stops.

DEBRIEF QUESTIONS

- **DOK 1:** Can you name an exercise that helps you improve your fitness?
- **DOK 2:** Does that exercise primarily help improve health-related or skill-related fitness?

PRIORITY OUTCOMES

Fitness Knowledge:

- **Grades K-2:** Identifies physical activities that contribute to fitness.
- **Grades 3-5:** Identifies the component of health-related and skill-related fitness.