



pumpkin balance

Pretend you're holding a pumpkin above your head as you balance on one foot.



apple pickin' fun

Raise one arm and the opposite leg to reach for a high apple. Switch and repeat for a set of 5.



leaves stretch

Stand and place your feet together. Bend and reach for your toes. As you stretch, pretend to scoop leaves.



scarecrow jumps

Do 10 scarecrow jumps (jumping jacks).



squirrel push-ups

Get in push-up position. Pretend you're a squirrel with an acorn on the floor in front of your face. Do 3-5 push-ups.



football victory dance

You just scored a touchdown!
Do a special celebratory dance.



raking leaves

Pretend you're holding a rake in front of you. Rake to the right, rake to the left. Repeat 5 times.



apple core

Do 10 sit-ups, pretending you have an apple between your knees.



squirrel dance

Stand and place your feet together. Bend and reach for your toes. As you stretch, pretend to scoop leaves.



pumpkin challenge

Blow an (orange) balloon. How many times can you tap it & keep in air?



scarecrow stretch

Stretch out your scarecrow arms. Bend to the right. Bend to the left. Repeat 4 times.



soccer taps

Use a soccer ball (or other ball) for toe taps. Do 6 slow & 6 fast.



football fun

Time to pretend! Act like a quarterback & throw a football. Now, you're a kicker & punt it long.



scarecrow core

Stand like a scarecrow. Reach one elbow to tap opposite knee. Switch. Repeat 3 times.



soccer juggle

Use a soccer ball, soft ball, or balloon & juggle! (Use any body part-except your hands-to keep in the air).



acorn balance

Put an acorn on your head (or other small object). Walk around the room & see how long you can keep it on!



leaves dance

Play music. Pretend it's a windy day & your a leaf dancing as you float to the ground.



pumpkin run

Run in place for 1 minute. Pretend someone is rolling a pumpkin at you & jump over it.



leaves plank

Go into plank position.
Pretend you're over pile of leaves.
Hold for 10 seconds or longer.



pumpkin bridge

Lay on your back & put knees up
with feet pulled in. Slowly lift up
through your back to bottom.
Hold for 5 seconds as you
pretent pumpkin is under you.



cheerleader challenge

Do a one-arm balance on
the right for 5 seconds.
Switch to left & repeat.



scarecrow knees

You're a scarecrow that
magically comes to life!
Do 10 high knees to celebrate.



soccer balance

Balance on one leg.
Kick the leg in the
air back & forth.
Switch legs & repeat.



apple arms

Use a comfortable weight
(water bottle, book, etc.)
& do 5 biceps curls on
each arm, pretending
there's an apple to crush.

Rock Your★ Homeschool

Thank you so much for downloading these printable *Fall Fitness Prompts*. These special activities have been created for my boys-and to share with you. Have fun & keep rockin' it!

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