OPEN
Online Physical Education Network

PUMPKIN PATCH GAMES

PUMPKIN PATCH EXERCISE CARDS

10 Jumping Jacks

10 Mummy Jacks

10-Second Plank Hold

10 Star Jumps

10 Seconds of Stationary Sprints

10 Invisible Jump Ropes

5 Burpees

5 Explosive Jump Squats

A PUBLIC SERVICE OF **US Games**