



# Let's get PHYSICAL

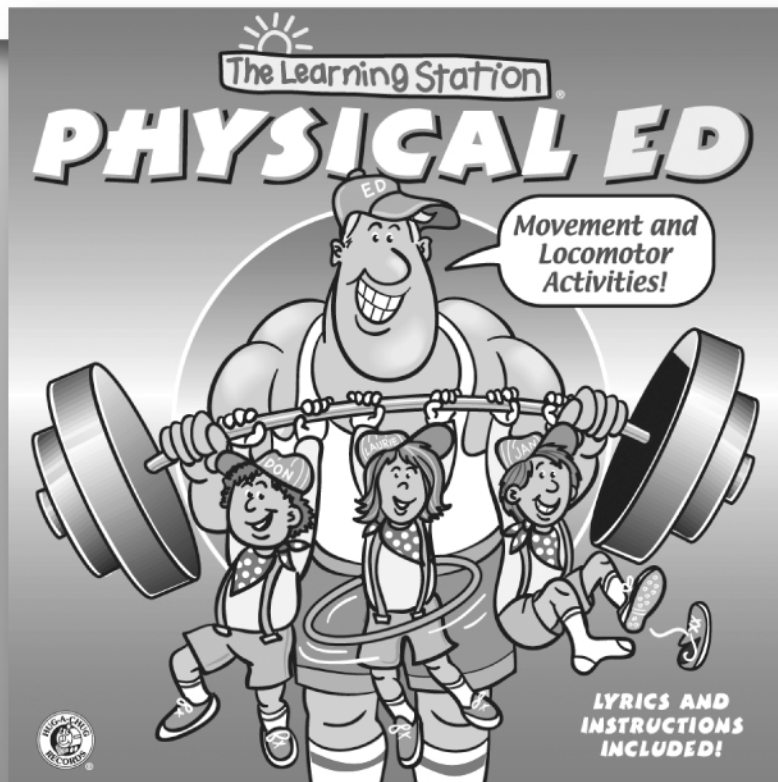
Healthy Music

For A Child's Heart, Body & Mind!

## Training Handout & Activity Sheet

**Who said exercising isn't fun?**

**The Learning Station invites you to join them for this healthy collection of fun fitness activities - designed to help children develop balance, motor skills, physical strength, coordination and so much more.**



# TWELVE DAYS OF GYM CLASS

**(from the CD, Physical Ed) To the tune of "Twelve Days of Christmas"**

This action song, set to a popular tune makes following directions, moving and exercise a blast!  
Each day has a different movement that goes along with it.

Below are suggested movements for each verse.

**On the 1st day of gym class my coach made me do some arm flapping chicken kind of things.**

*(Bend your arms at the elbows and flap them like wings.)*



**On the 2nd day of gym class my coach made me do 2 pulling thumbs.**

*(Lock your thumbs together and pull them against each other.)*



**On the 3rd day of gym class my coach made me do 3 weights for lifting.**

*(Pretend you are curling weights with both hands.)*



**On the 4th day of gym class my coach made me do 4 shout outs.**

*(Cup your hands on the outside of your mouth like you are shouting out.)*



**On the 5th day of gym class my coach made me do 5 hula hoops.**

*(Hold arms above your head in a circle and move your hips in a circular motion.)*



**On the 6th day of gym class my coach made me do 6 squatting thrusts.**

*(Squat quickly while pointing arms forward, then back to standing position.)*



**On the 7th day of gym class my coach made me do 7 strokes of swimming.**

*(Pretend you are swimming freestyle.)*



**On the 8th day of gym class my coach made me do 8 ropes for climbing.**

*(Place hand over hand in a climbing motion.)*



**On the 9th day of gym class my coach made me do 9 ways of dancing.**

*(Dance like a ballerina or do any of your favorite dance moves.)*



**On the 10th day of gym class my coach made me do 10 yards a leaping.**

*(Leap once into the air.)*



**On the 11th day of gym class my coach made me do 11 blocks in boxing.**

*(Make fists in front of your face and make motions like you are guarding your face.)*



**On the 12th day of gym class my coach made me do 12 power punches.**

*(Punch forward with your right hand and retract the left and then do the opposite.)*



**Extended Activity:** Want to really get those creative minds thinking?

Introduce each verse and allow the children to create their own movement for each day...

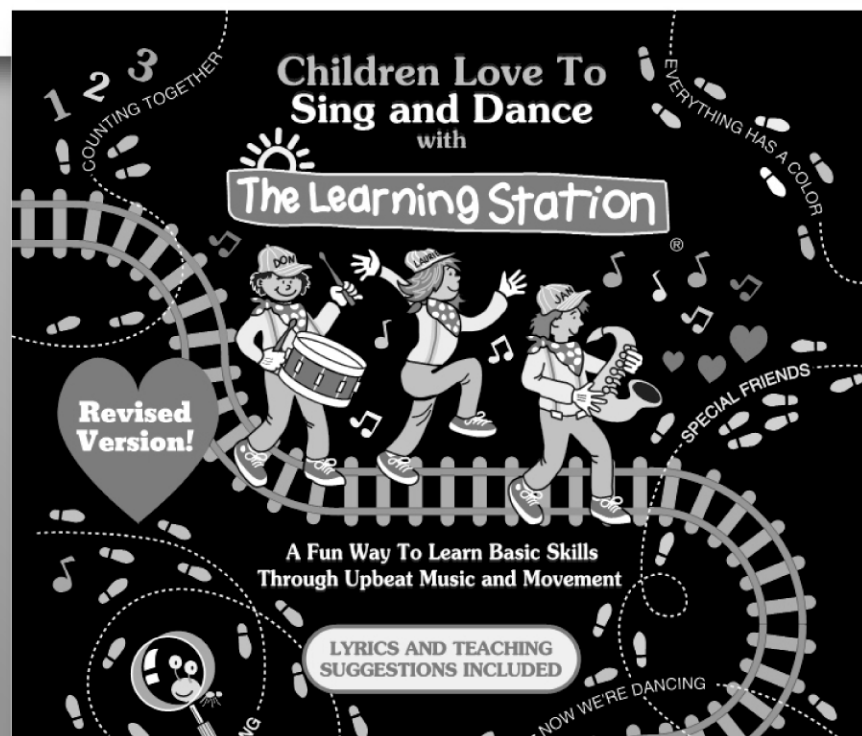
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## Don't Put Off For Tomorrow What You Should Do Today

Childhood obesity has tripled in 20 years. Preschool children who are inactive risk becoming overweight later in life. Daily exercise is the key to staying fit. One of the best forms of daily exercise is taking a walk.

Walking is an easy and safe aerobic exercise. It will help you maintain your weight and condition your heart and lungs. ***But did you know that walking also:***

Helps control your appetite ♥ Increases your energy  
Slows your aging process ♥ Reduces the risk of some  
forms of cancer ♥ Helps relieve stress ♥ Actually  
raises your metabolism so you burn calories faster,  
even while you rest



## Activity:

You can allow your children to move freely around the room or organize them to move in a circle.

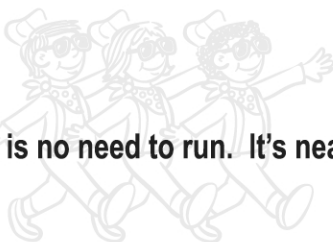
The song will direct them to do a specific walk.

## Concepts:

Balance and Coordination • Large Muscle Development  
Listening and Following Directions • Creative Thought & Expression

Lyrics:

Walking can be fun. There is no need to run. It's neat to move your feet and get into the beat. Let's walk.



Now class, take a giant step. Don't let your feet get wet. Stretch your legs out wide and move from side to side. Let's puddle walk...don't splash me.



Ladies and gentlemen, your attention to the center ring. Walking in a row, your heel to your toe. Hold your arms out straight to balance all your weight. Do the tightrope...don't fall.



Now we weigh a ton. So pound your feet in fun. An elephant moves real slow.

We're in a circus show. Do the elephant walk.



Climb up on your toes. Make a graceful pose. Step with lots of grace, a smile on your face.

We're ballerinas.



Now we need four feet. To dog walk to this beat.

So get down on your knees and shake

off all your fleas. Do the dog walk....woof, woof.



Walking can be fun. There is no need to run.

It's neat to move our feet and get into the beat. Let's walk.



**TIP:** Children can do these fun walking movements from circle time to activity stations, while transitioning from one activity to next, or while walking in a line.



**HERE ARE SOME WALKING ACTIVITIES THAT DEMONSTRATE HOW WITH A LITTLE IMAGINATION AND CREATIVITY YOUR DAILY WALK CAN BECOME EVERYTHING FROM A FUN SCAVENGER HUNT, TO AN ENLIGHTENING EXPEDITION, TO AN ADVENTUROUS JOURNEY IN LEARNING. THEY WILL CERTAINLY PUT A SMILE ON YOUR CHILDREN'S FACES AND HAPPY SKIP IN THEIR STEP.**

## scavenger hunt:

During your walk, bring color flash cards or announce a color that the children have to find objects of the same color. Variations: numbers, letters, shapes or specific objects such as an oak tree, stop sign or bus.



## silly walk:



Create a silly, fun walk by calling out a different walking movement such as tiptoe, march, skip, hop, jump, jog, baby steps and giant steps. Add some even sillier movements to your walk, like a dancing ballerina, elephant walk, balancing tightrope walker, stiff robot, bunny hop or kangaroo jump.

## nature detectives:

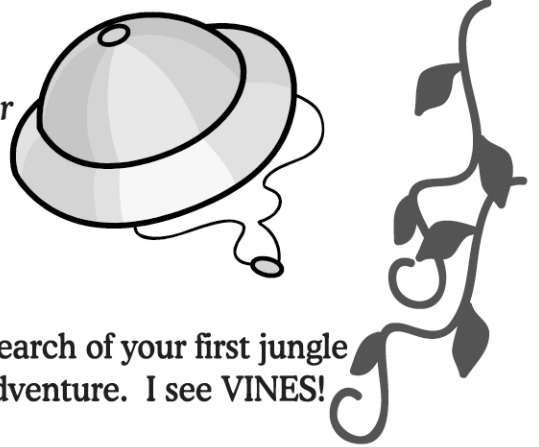
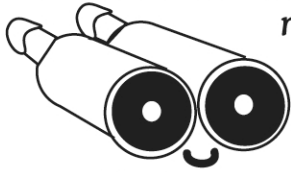


Set the stage for this walk. We are nature detectives in search of living things: birds, bugs, plants, and furry creatures. Maybe even a reptile. Prior to starting your walk introduce pictures of living things that are common to your region that children are likely to see during your walk.



*Is the weather keeping you from an outdoor walk?  
Here's a walking adventure you can do indoors.*

*Introduce your jungle walk by having the children pretend to dress-up with safari jackets, hats and boots. And don't forget to bring your pretend binoculars. Discuss what kinds of animals and things they might see in the jungle.*



Begin your walk by walking around the room slowly in search of your first jungle adventure. Call out, "STOP" and introduce the first adventure. I see VINES!

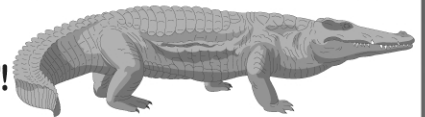
I see big, long vines hanging from the jungle trees. Let's all climb on our own vine, hold on tight and swing. Now swing from vine to vine. Keep swinging, keep swinging, keep swinging! STOP! I see MUD!

I see a big swamp filled with mushy, gushy, gooey mud!  
Good thing we wore our boots because now it's time to trudge through the mushy, gooey mud!  
Keep trudging, keep trudging, keep trudging. STOP! I see a MOUNTAIN!



I see a tall mountain that goes way up high into the sky. Let's take a look at the top of the tall mountain with our binoculars. Now let's start climbing up the tall mountain toward the top. Climb up, up and up to the top. Now we are at the top of the mountain so let's look around with our binoculars. Now let's climb down the mountain, climb, down, down, down to the ground. STOP! I see a RIVER!

I see a gigantic river filled with wild jungle animals. Let's swim across quietly so that we don't frighten the animals. Start swimming. Look there's an elephant, we better swim around him. Keep swimming and swimming. Look there's a giraffe, let's swim under the giraffe. Gurggle, gurggle and keep swimming and swimming. Look there's a crocodile. Let's hold on to his long tail and get a ride to shore! Hold on tight. The crocodile is swimming REAL F-A-S-T!



Yippee! We made it to shore! Look! We see a monkey.



He wants us to pretend to be a monkey too! Let's jump around like a monkey, scratch our tummy's and make monkey sounds. Eet, eet, eet, eet! STOP! It's getting late!

We've traveled very deep into the jungle. Now it's time to return to our classroom and get ready for lunch (describe what activity you will return to do).

Let's wave goodbye to the monkey and get started back.

**MEMORY AND RECALL:** Continue your return trip by going backwards from the last movement to the first. Each time you complete a movement have the children call out which one comes next.

**Fun Fact:**

The average adult will burn between 56-68 calories by walking, running and playing with kids for just 15 minutes!





# ‘(Is Laughter Really) the Best Medicine?’

Laughter requires the coordination of numerous muscles throughout your body. As these muscles engage in a good, belly laugh it also:

*Increases your heart rate and energy level* ♥ *Provides a boost to your immune system*

*Reduces stress* ♥ *Tones muscles* ♥ *Improves circulation* ♥ *Burns calories*

Children love to laugh. It just comes natural to them. They actually laugh about 365 more times a day than grownups. Studies have proven 20 seconds of a good, hard laugh is equivalent to 3 minutes on a rowing machine. Yet it leaves behind a relaxing feeling even though that belly laugh was quite a workout! Laughter is like a special gift given to us to make us all feel better.

Let's not forget that we like to be around people who make us smile and laugh. And laughter is contagious, so take the time to spread this wonderful feeling everyday in your classroom and daily life.

The Learning Station creates many songs with laughter as one of the main ingredients. The following is just one of the many favorite tunes that will have you laughing, singing and dancing too!

### **Brainy Quote:**

*"A day without laughter  
is a day wasted."*

*Charlie Chaplin*



**The Learning Station**

# Singin' In The Rain

(from the CD, **Rock n' Roll Songs that Teach**)

**VERSE: Singin' in the rain. We're singin' in the rain.**  
**What a wonderful feeling. We're thumbs up...**

*(Hold your thumbs up and keep them up for the duration of the song.)*



**CHORUS: Cheecha cha cha cheecha cha cha cheech cha cha. Now sway.**

*(With your thumbs still up, move them up and down and then wave your body from side to side.)*



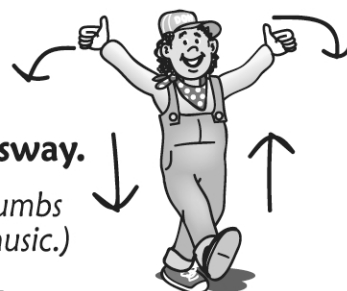
**VERSE: Singin' in the rain. We're singin' in the rain.**  
**What a wonderful feeling.**  
**We're thumbs up, shoulders back...**

*(Thumbs are still up, now hold your shoulders back too.)*



**CHORUS: Cheecha cha cha cheecha cha cha cheech cha cha. Now sway.**

*(Keep those thumbs up and shoulders back. Move your thumbs up and down and as you wave your body side to side to the music.)*



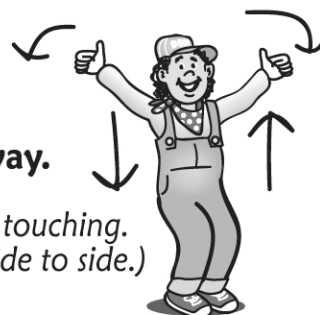
**VERSE: Singin' in the rain. We're singin' in the rain.**  
**What a wonderful feeling. We're thumbs up,**  
**shoulders back, knees together...**

*(Keep those thumbs up, shoulders back and add your knees bent in and touching each other.)*



**CHORUS: Cheecha cha cha cheecha cha cha cheech cha cha. Now sway.**

*(Keep those thumbs up and shoulders back and knees touching. Move your thumbs up and down then wave your body from side to side.)*



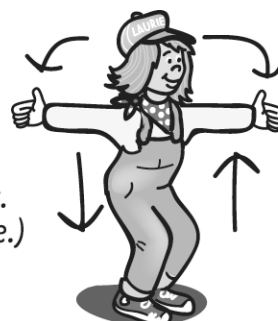
**VERSE: Singin' in the rain. We're singin' in the rain.**  
**What a wonderful feeling. We're thumbs up,**  
**shoulders back, knees together, bottoms out...**

*(Keep those thumbs up, shoulders back, knees touching and now stick those bottoms out.)*



**CHORUS: Cheecha cha cha cheecha cha cha cheech cha cha. Now sway.**

*(Keep those thumbs up, shoulders back, knees touching, bottoms sticking out. Move your thumbs up and down then wave your body from side to side.)*



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# Singin' In The Rain

(from the CD, **Rock n' Roll Songs that Teach**)

**Continued....**

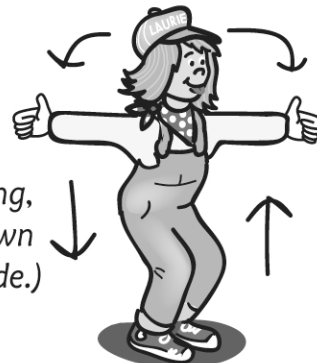
**VERSE:** Singin' in the rain. We're singin' in the rain.  
What a wonderful feeling. We're thumbs up, shoulders back,  
knees together, bottoms out, tongues out...

*(Keep those thumbs up, shoulders back, knees touching,  
bottoms sticking out and now stick out your tongue.)*



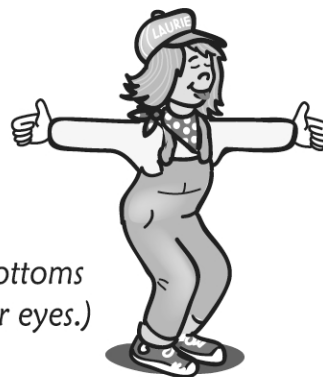
**CHORUS:** Cheecha cha cha cheecha cha cha cheech cha cha. Now sway.

*(Keep those thumbs up, shoulders back, knees touching,  
bottoms and tongues sticking out. Move your thumbs up and down  
then wave your body from side to side.)*



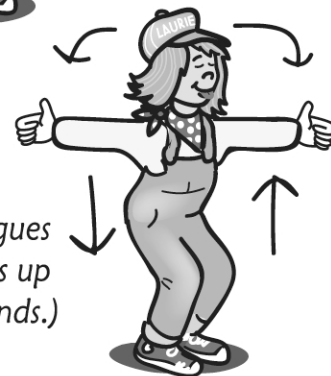
**VERSE:** Singin' in the rain. We're singin' in the rain.  
What a wonderful feeling. We're thumbs up, shoulders back,  
knees together, bottoms out, tongues out, eyes closed...

*(Keep those thumbs up, shoulders back, knees touching, bottoms  
and tongues sticking out and now close your eyes.)*



**CHORUS:** Cheecha cha cha cheecha cha cha cheech cha cha.  
Cheecha cha cha cheecha cha cha cheech cha cha.  
Repeats to the end of the music.

*(Keep those thumbs up, shoulders back, knees touching, bottoms and tongues  
sticking out and eyes closed. Move your thumbs up  
and down to the music until the song ends.)*



## FUN FACT:

It is impossible to lick your elbow.  
But it's **FUNNY** to try!



  
**The Learning Station**

# County Music

## Getting Fit as a Fiddle

Today there is a growing popularity of country music. Country music spans a vast globe from traditional folk songs to line dancing. Listening to your favorite music may be good for your cardiovascular system. Certainly there's nothing like a good square dance to put a smile on your face, get your legs movin' and your heart pumpin'.

So if you like to kick up your heels to a country beat, celebrate history with a traditional tune or Yodel-Ay-Ee-Oooo then put on your western hats and have a hoe-down, healthy good-time!



### My Aunt Came Back

(from the CD, Kid's Country Song & Dance)

**Directions:** A leader sings each phrase and everyone echoes. Once a movement is introduced, do that movement throughout the entire song. The movements for each verse are listed in italics.

Oh, my aunt came back - from Louisian' - and she brought me back - a waving fan.  
(Wave hand as if you had a fan in it and continue through the song.)



Oh my aunt came back - from Nashville too - and she brought me back - a wooden shoe.  
(Begin tapping foot and continue throughout the song.)



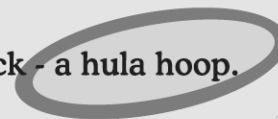
Oh my aunt came back - from Tennessee - and she brought me back - an itching flea.  
(Begin scratching your head with opposite hand and continue throughout the song.)



Oh my aunt came back - from the New York Fair - and she brought me back a rocking chair.  
(Rock back and forth throughout the song.)



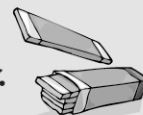
Oh my aunt came back - from Alley Oop - and she brought me back - a hula hoop.  
(Begin swinging hips as if using a hula hoop throughout the song.)



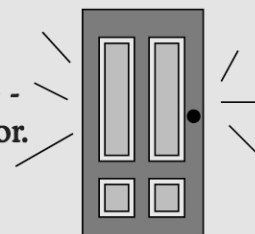
Oh my aunt came back - from Niagara Falls - and she brought me back - some ping pong balls.  
(Move head up and down, side to side, as if watching balls throughout the song.)



Oh my aunt came back - from Waterloo - and she brought me back - some gum to chew.  
(Begin to pretend to be chewing a big piece of gum.)



Oh my aunt came back - from the country store - and she looked at me -  
then slammed the door.



The Learning Station





**According to Child Development Specialist Dr. Becky Bailey.**  
*"The brain is pattern seeking. When we find the pattern, we feel safe. Singing helps children find the pattern so they can create an internal mental model of appropriate behavior."*

***When preparing for rest/nap time keep the same series of daily tasks consistent. Repeat these tasks in the same sequence or order every day. Add music to this daily routine to fully integrate and anchor the information and experience in your children's mind.***

**Play to Rest** is a collection of songs specifically designed to transition children from a busy day of exercise, play and learning to a blissful rest. By offering a daily schedule with a sequence of events that are consistent and repetitive, young children can successfully complete a series of tasks with greater success.

**\*Clean Up is Fun** is an inviting clean-up song that truly turns this daily chore into a fun activity! Children are directed to clean together as they sing-a-long with a simple verse. Replay the song until all cleaning is complete. Add to this activity by announcing the number of times you had to play the song to completely clean-up. You certainly will be surprised how children will eagerly want to clean to accomplish this task swiftly and in less song plays.

**\*I Got the Wiggles** then invites children to constructively release any remaining energy with a dance filled with wiggles and shakes.

**\*Cuddle Up with My Teddy Bear** prepares children to wind down. This song can be played as children set up their mat and space to prepare for nap time.

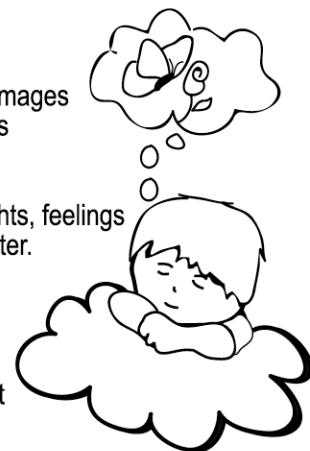
**\*Lullaby Rock** directs children to lay down, rest and close their sleepy eyes.

**\*Daydreams** then brings children to a place where beautiful dreams are made of. This song is filled with dreamy images of sitting on puffy white clouds, beaches with warm ocean breezes, laying in the grass with butterflies, sweet smells of apple pie and catching sweet drops of pouring rain.

**\*Pillow Talk** invites children to a comforting, cozy whisper with their pillows. Children feel safe sharing their thoughts, feelings and day's events to their pillows. A quiet little pillow talk is a great way to help children express, share and feel better.

**\*I Hear Raindrops** shares the relaxing feeling of raindrops. The tranquil pitter-patter fills the room with a peaceful calm. Sleep is just around the corner.

**\*Mystical Magical** begins the next series of ten serene songs that will fill the room with the peaceful sounds of soft wind instruments, charming violins, warm piano and gentle synthesizer medleys. Children are sleeping peacefully.



  
**The Learning Station**

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