

Chorus:

Biking, dancing, playing ball (Do jumping jacks,
march, or a dance step.)

Winter, spring, summer, fall.

Staying fit and staying strong.

Playing sports all year long!



Sports Around the Year

(Tune: Pay Me My Money Down)



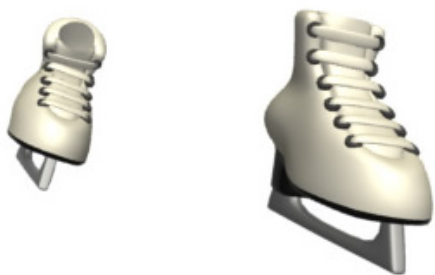
From the CD, *Building Better Bodies*

Available in the Song Store at drjean.org

January, let's all skate –

(Slide feet from side to side with big steps.)

Slipping, sliding, feeling great.



December, swing your hockey stick-

(Pretend to skate and swing a stick.)

Hit that puck, we never miss!



November: let's karate chop!

(Pretend to chop right and then left.)

Kick and block – now don't you stop!



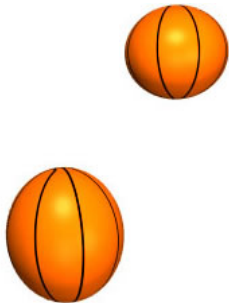
In February, grab your skis

(Squat and swing arms from left to right.)

Down the mountain, fast and free.



In March we'll do some hoops
(Pretend to dribble a ball and then shoot.)
Basketball dribble, shoot, and loop.



October's great for cheerleading,
(Hands in air and jump up and down.)
Cheering on our favorite team.



September, now it's football time:
(Feet out and run in place.)
Down, set, hut on the scrimmage line.



In April let's do track and field
(Run in place and jump.)
Running, jumping down the field.



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In August we'll all be gymnasts

(Balance on right foot and lean forwards.)

Balancing, tumbling on the mats.

(Balance on left foot and lean forwards.)



In May we'll kick and punt the ball

(Right foot kicks to the left and then left foot kicks to the right.)

Playing soccer, one and all.



In June baseball is so much fun
(Pretend to swing a bat.)
Pitching, batting in the sun.



In July we'll swim in the pool
(Swim forwards, backwards, sidestroke.)
Backstroke, sidestroke, feeling cool.

