

Sport's healthy for you

Listen to me now
I will tell you how
How to move yourself and clap your hands
How to jump and dance
Do it like I do
Sport's healthy for you
This is what I'm sayin'
Come on, come on, do it once again

Stand up and stretch your arms
This is the first dance
Then make yourself real small
Real small, as small as the ants
Now again take your seat
In the end we'll meet
Each other now clapping to the beat

Listen to me now...

On the tip of our toes
Which of the children shows
Us that we can see
The highest apple on the tree
Oh, the apples hang so high
Won't you tell me why
We can't reach them. I wish that we could fly

Listen to me now...

(Now I need three children to help me sing this song.
I need you and you and you and you.
Come up on to the stage
Jump up on to the stage
Take the microphone
And sing along)

Listen to me now...