

### **This Is the Way We Exercise**

(Tune: Mulberry Bush)

This is the way we touch our toes, (Bend and touch toes.)

Touch our toes, touch our toes.

This is the way we touch our toes so early Sunday morning.

Monday – knee lifts (Right elbow to left knee. Left elbow to right knee.)

Tuesday – jumping jacks (Jump with feet out and clap hands overhead.

Jump bringing feet in and move arms by sides.)

Wednesday – windmills (Extend arms and legs. Bend right hand to left foot. Straighten. Bend left hand to right foot.)

Thursday – deep squats (Extend legs and bend knees up and down.)

Friday – hop scotch (Jump and kick left foot backwards. Jump and kick right foot backwards.)

Saturday – sit and smile (Sit and put hands in your lap as you smile.)

Activities: Make a step book with the days of the week.

Let children suggest other exercises for each day.

Make a set of cards with numbers on them. Make another set of cards with exercises. Let a child choose a card from each set and then lead the class doing that exercise the number of times selected.

Take advantage of transitions by having children exercise while they wait. For example, they could do push ups against the wall in the hall or balance on tiptoes.aaa