

Sports Around the Year

(Tune: Pay Me My Money Down)

January, let's all skate – (Slide feet from side to side with big steps.)

Slipping, sliding, feeling great.

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.

In April let's do track and field (Run in place and jump.)

Running, jumping down the field.

Chorus:

Biking, dancing, playing ball (Do jumping jacks, march, or

Winter, spring, summer, fall. a dance step.)

Staying fit and staying strong.

Playing sports all year long!

In May we'll kick and punt the ball (Right foot kicks to the left

Playing soccer, one and all. and then left foot kicks to the right.)

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.

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.)

Chorus

September, now it's football time: (Feet out and run in place.)

Down, set, hut on the scrimmage line.

October's great for cheerleading, (Hands in air and jump up and down.)

Cheering on our favorite team.

November: let's karate chop! (Pretend to chop right and then left.)

Kick and block – now don't you stop!

December, swing your hockey stick- (Pretend to skate and swing a stick.)

Hit that puck, we never miss!

Chorus

Activities: Have a "sports day" where children wear clothing of their favorite team.

Discuss what it means to be a "good sport." Role play being a good loser and a good winner.

Encourage children to bring equipment from sports they like to play. Write down the names of the equipment on the board and use for a writing activity.

Make a graph of their favorite sport or sports team.

Talk about where you went to college and why it is important to go to college. Let each child make a pennant of the college they would like to attend. Use the pennants to decorate your classroom.