

## 1. Born to Move

*Words and Music by Jack Hartmann, MA, BMI Copyright 2008*

My hands can clap, clap, clap, my hands can pat, pat, pat  
My hands can shake, shake, shake  
I was born to move, I was born to move

My arms can lift, lift, lift, my arms can curl, curl, curl  
My arms can cross, criss, cross  
I was born to move, I was born to move

My hips can twist, twist, twist, my hips can circle, circle, circle  
My hips can sway, sway, sway  
I was born to move, I was born to move

I was born to move  
My legs can run, run, run  
I was born to move  
My feet can dance, dance, dance (Chorus)  
I was born to move  
And it feels so good  
Yeah, yeah, yeah, yeah

My knees can bend, bend, bend, my knees can lift, lift, lift  
My knees can cross, criss, cross  
I was born to move, I was born to move

My shoulders can rock, rock, rock, my shoulders can roll, roll, roll  
My shoulders can turn, turn, turn  
I was born to move, I was born to move

My body can spin, spin, spin, my body can jump, jump, jump  
My body can reach, reach, reach  
I was born to move, I was born to move

(Chorus)

My body feels the beat, yeah  
This feels good  
I was born to move  
Have fun  
Move your body every day  
I was born to move  
Move It

## 2. Top Dog

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Can you run, yeah, can you run fast  
Can you run, yeah, can you run faster  
Can you run, yeah, can you run fastest  
The fastest anywhere

Can you climb, yeah, can you climb high  
Can you climb, yeah, can you climb higher  
Can you climb, yeah, can you climb the highest  
The highest anywhere

Can you pump, yeah, can you pump strong  
Can you pump, yeah, can you pump stronger  
Can you pump, yeah, can you pump the strongest  
The strongest anywhere

Then someday if you're the best anywhere, dog  
People will say you are the top dog (Chorus)  
Top dog - woof, woof – woof - (repeat)  
The best anywhere  
Top dog

Can you reach, yeah, can you reach far  
Can you reach, yeah, can you reach farther  
Can you reach, yeah, can you reach the farthest  
The farthest anywhere

Can you dance, yeah, can you dance cool  
Can you dance, yeah, can you dance cooler  
Can you dance, yeah, can you dance the coolest  
The coolest anywhere

Can you cross, yeah, can you criss-cross good  
Can you cross, yeah, can you criss-cross better  
Can you cross, yeah, can you criss-cross the best  
The best of anywhere

(Chorus)

T-O-P D-O-G  
T-O-P D-O-G  
T-O-P D-O-G  
Top t t t Top Dog,

Repeat Chorus

### 3. Coach McDougal Had a Team

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Coach McDougal had a team, go team, go team, go  
And for their coach they do stretches, go team, go team, go

With a stretch here, and a stretch there  
Here a stretch, there a stretch  
Everywhere a stretch, stretch

Coach McDougal had a team, go team, go team, go  
And for their coach they do squats, go team, go team, go  
With a squat here and a squat there  
Here a squat there a squat  
Everywhere a squat, squat

Coach McDougal had a team, go team, go team, go  
And for their coach they'd jog in place, go team, go team, go  
With a jog here and jog there  
Here a jog, there a jog  
Everywhere a jog, jog

Coach McDougal had a team, go team, go team, go

Then Coach McDougal said team come here,  
Everybody let's do our cheer  
Go team, Jump, Jump  
Give your best  
Never give up  
Go team, High five  
Everyday always try  
Go team, Arm and arm  
All together we are strong

Coach McDougal had a team, go team, go team, go  
And for their coach they'd twist and turn, go team, go team, to  
With a twist here and a turn there  
Here a twist, there a turn  
Everywhere a twist turn

Coach McDougal had a team, go team, go team, go  
And for their coach they'd jump rope, go team, go team, go  
With a jump rope here and a jump rope there,  
Here a jump, there a jump  
Everywhere a jump, jump

Coach McDougal had a team, go team, go team, go

Go team, Go team, Go

#### 4. Ooga Booga Boogie

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

I'm a big silly pink and purple monster, and I love to dance  
I do the Ooga Booga Boogie, *I do the Ooga Booga Boogie*

I shake my hips like this, *I shake my hips like this*  
I do the Ooga Booga Boogie, *I do the Ooga Booga Boogie*  
I shake my hips like this, *I shake my hips like this*  
I bend my knees a little bit, *I bend my knees a little bit*  
I do the Ooga Booga Boogie, *I do the Ooga Booga Boogie*

I shake my hips like this, *I shake my hips like this*  
I bend my knees a little bit, *I bend my knees a little bit*  
I spread my feet out wide, *I spread my feet out wide*  
I do the Ooga Booga Boogie, *I do the Ooga Booga Boogie*

I shake my hips like this, *I shake my hips like this*  
I bend my knees a little bit, *I bend my knees a little bit*  
I spread my feet out wide, *I spread my feet out wide*  
I swing my tail up high, *I swing my tail up high*  
I do the Ooga Booga Boogie, *I do the Ooga Booga Boogie*

I shake my hips like this, *I shake my hips like this*  
I bend my knees a little bit, *I bend my knees a little bit*  
I spread my feet out wide, *I spread my feet out wide*  
I swing my tail up high, *I swing my tail up high*  
I shake my hands every place, *I shake my hands every place*  
I do the Ooga Booga Boogie, *I do the Ooga Booga Boogie*

I shake my hips like this, *I shake my hips like this*  
I bend my knees a little bit, *I bend my knees a little bit*  
I spread my feet out wide, *I spread my feet out wide*  
I swing my tail up high, *I swing my tail up high*  
I shake my hands every place, *I shake my hands every place*  
I make a silly monster face, *I make a silly monster face*  
I do the Ooga Booga Boogie, *I do the Ooga Booga Boogie*

I shake my hips like this, *I shake my hips like this*  
I bend my knees a little bit, *I bend my knees a little bit*  
I spread my feet out wide, *I spread my feet out wide*  
I swing my tail up high, *I swing my tail up high*  
I shake my hands every place, *I shake my hands every place*  
I make a silly monster face, *I make a silly monster face*  
I boogie up and down, *I boogie up and down*  
I do the Ooga Booga Boogie, *I do the Ooga Booga Boogie*

I'm a big silly pink and purple monster, and I love to dance  
I do the Ooga Booga Boogie, *I do the Ooga Booga Boogie*

## 5. Around the World

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Let's go around the world, get into the groove  
Let's go around the world, let your body move  
Let's go around the world, get into the groove  
Let's go around the world, let your body move

Front, two, three, four  
Side, two, three, four  
Back, two, three, four  
Side, two, three, four

Front, two, three  
Side, two, three  
Back, two, three  
Side, two, three

Front, two, side, two, back, two, side, two

Front, Side, Back, Side  
Let's go around the world

(Chorus)

Front, two, three, four  
Side, two, three, four  
Back, two, three, four  
Side, two, three, four

Front, two, three  
Side, two, three  
Back, two, three  
Side, two, three

Front, two, side, two, back, two, side, two

Front, Side, Back, Side  
Let's go around the world

Let's go around the world, get into the groove  
Let's go around the world, let your body move  
Let your body move, let your body...move!

## 6. Alphabet Workout

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Pump, pump it up, bend, bend it down, do, do the Alphabet Workout  
Cross, cross it over, stretch, stretch it out, do, do the Alphabet Workout  
Move both arms out front, spread your feet out wide, let's say the alphabet and exercise!  
*Do capital letters*

A – slant top to the bottom, top to the bottom, across

B – Straight line down, curve around, curve around

C – Start at the top, big curve around

D - Straight line down, big curve around

E – Straight line down, across, across, across

F – Straight line down, across, across

G – Start at the top, curve around – across

H – Straight line down, straight line down, across

I – Straight line down, across at the top, across at the bottom

J – Start at the top, go straight down, curve it up

K – Straight line down, back to the top, slant left, slant right

L – Straight line down, go across, left to right

M – Straight line down, slant down, up, straight line down

N – Straight line down, slant down, straight line up

O – Start at the top, big circle round, all the way around

P – Straight line down, curve back around

Q – Start at the top, big circle around, slant little tail right

R – Straight line down, curve round and back, slant right

S – Start at the top, curve left around, right and down

T – Straight line down, left to right across

U – Go down around, curve right and then straight up

V – Slant down center, center slant back up

W – Slant down, up, slant down, up

X – Slant right, slant left, criss-cross

Y – Slant down right, slant down left, straight line down

Z – Across to the right, slant left, across to the right

(Chorus)

## 7. Counting Forward, Counting Back

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Oooohhh, yeah, here we go

Hands roll forward, hands roll back  
As we count by tens, forward and back  
Just like that, just like that, counting forward  
just like that  
10, 20, 30, 40, 50, 60, 70, 80, 90, 100

Take it back, take it back, hands roll backward  
and count back  
100, 90, 80, 70, 60, 50, 40, 30, 20 and 10  
Just like that, just like that, you can do it just  
like that

Arm circles forward, arm circles back  
As we count by tens, forward and back  
Just like that, just like that, counting forward  
just like that  
10, 20, 30, 40, 50, 60, 70, 80, 90, 100

Take it back, take it back, circle backward and  
count back  
100, 90, 80, 70, 60, 50, 40, 30, 20 and 10  
Just like that, just like that, you can do it just  
like that

Now climb to the mountain top way up high,  
count by tens as we climb  
10, 20, 30, 40, 50, 60, 70, 80, 90, 100  
Now stomp through the jungle as we  
treasure hunt, count backwards by tens as  
we stomp  
100, 90, 80, 70, 60, 50, 40, 30, 20 and 10  
Just like that

One more time, let's go  
Shake hips forward, shake hips back  
As we count by tens, forward and back  
Just like that, just like that, counting forward  
just like that  
10, 20, 30, 40, 50, 60, 70, 80, 90, 100

Take it back, take it back, shake hips  
backward and count back  
100, 90, 80, 70, 60, 50, 40, 30, 20 and 10  
Just like that, just like that, you can do it,  
just like that

Counting forward, counting back, you can  
do it, just like that  
Just like that, just like that, you can do it  
just like that  
Just like that, just like that, you can do it  
just like that

## 8. Machines in Motion

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Chug - Chug, Cling - Clang, Swish - Swash, Bing - Bang - ( children repeat )  
Zoom - Zoom, Drip - Drop, Zig - Zag, Flip - Flop

Up, down, all around, you can see and hear the sights and sounds

Machines in motion, machines in motion, machines in motion, machines in motion

Washing machines go swish, swash, swish, swash, swish, swash, swish, swash, all over town

Bulldozers go push, pull, push, pull, push, pull, push, pull, all over town

Elevators, go up, down, up, down, up, down, up, down, all over town

Big wheels go round, round, round, round, round, round, round, round, all over town

( Repeat Chorus )

Railroad trains go click, clack, click, clack, click, clack, click, clack, all over town

Scissors go open, shut, open, shut, open, shut, open, shut, all over town

Helicopters go whoosh, whoosh, whoosh, whoosh, whoosh, whoosh, whoosh, whoosh, all over town

Sprinklers go chhh, chhh, chhh, chhh, chhh, chhh, chhh, chhh, all over town

Machines in motion, machines in motions, machines in motion

## 9. Milton the Mouse Likes to Help Around the House

Words and Music by Jack Hartmann, MA BMI Copyright 2008

Hi, I'm Milton's friend, Jack Hartmann, can Milton come out and play?

*In just a little bit, he's helping around the house!*

Milton the Mouse, likes to help around the house, cleanup all about ( Chorus )

Help his family out

Milton the Mouse, likes to help around the house, everybody move with Milton.

Hey Milton, can you wash the car?

*Yes, I can, yes, I can. I can wash, wash, wash, wash, I can wash, wash, wash, wash*

Hey, Milton, can you sweep the floor?

*Yes, I can, yes, I can. I can sweep, sweep, sweep, sweep, I can sweep, sweep, sweep, sweep*

Hey, Milton, can you walk the dog?

*Yes, I can, yes, I can. I can walk, walk, walk, walk, I can walk, walk, walk, walk*

Hey Milton, that's a good job!

(Chorus)

Hey Milton, can you paint the room?

*Yes, I can, yes, I can. I can paint, paint, paint, paint, I can paint, paint, paint, paint*

Hey Milton, can you pull some weeds?

*Yes, I can, yes, I can. I can pull, pull, pull, pull, I can pull, pull, pull, pull*

Hey Milton, can you fold the laundry?

*Yes, I can, yes, I can. I can fold, fold, fold, fold, I can fold, fold, fold, fold*

Hey Milton, you're a good helper!

(Chorus)

Everybody move with Milton!!

Good job!

## 10. Crossover – Latin

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Right hand to your left shoulder  
Left hand to your right

Crossover, crossover everyday (Bridge)  
Crossover will build your body and brain

Right hand to your left knee  
Left hand to the right

(Bridge)

Right hand to the left elbow  
Left hand to the right

(Bridge)

Crossover as you walk  
Arms left then to the right  
Crossover as you stretch  
Reach out side to side (Chorus)  
Crossover, as you move  
Twist left then to the right  
Crossover builds your body and brain  
And helps you read and write

Right hand to your left ear  
Left hand to the right

(Bridge)

Right hand to your left foot  
Left hand to your right

(Bridge)

Right hand to your friend's right  
Left hand to their left

(Bridge)

(Chorus)

## 11. Connect with a Friend and Freeze

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Head, shoulders, waist, knees  
Everybody exercise with me (Chorus)  
Knees, waist, shoulders, head  
Everybody exercise with a friend

Walk, walk, walk together. Walk, walk, walk together  
Walk together, follow me  
Hand to hand with a friend  
Get ready, get set, connect!  
Everybody Freeze!!!

Gallop, gallop, gallop together. Gallop, gallop, gallop together  
Gallop together, follow me  
Elbow to elbow with a friend  
Get ready, get set, connect!  
Everybody Freeze!!!

Jog, jog, jog together. Jog, jog, jog together  
Jog together, follow me  
Hip to hip with a friend  
Get ready, get set, connect!  
Everybody Freeze!!!

(Chorus)

Twist, twist, twist together. Twist, twist, twist together  
Twist together, follow me  
Shoulder to shoulder with a friend  
Get ready, get set, connect!  
Everybody Freeze!!!

Swim, swim, swim together. Swim, swim, swim together  
Swim together, follow me  
Back to back with a friend  
Get ready, get set, connect!  
Everybody Freeze!!!

Skip, skip, skip rope together. Skip, skip, skip rope together  
Skip together, follow me  
Knee to knee with a friend  
Get ready, get set, connect!  
Everybody Freeze!!!

(Chorus)

## 12. Animals in Action 1

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Run, run, run like a cheetah (Children repeat)  
Swing, swing, swing like a monkey (Children repeat) (Chorus)  
Fly, fly, fly like an eagle (Children repeat)  
Paddle, paddle, paddle like a turtle (Children repeat)

*Animals in action...Animals in action*  
*Animals in action...Animals in action*

Let's go! Yeah

Climb, climb, climb like a squirrel (Children repeat)  
Waddle, waddle, waddle like a duck (Children repeat)  
Pump, pump, pump like a gorilla (Children repeat)  
Stomp, stomp, stomp like an elephant (Children repeat)

*Animals in Action...Animals in action*  
*Animals in Action...Animals in action*

Let's go!

In the sky...*In the sky*  
On the ground...*On the ground*  
In the water...*In the water*  
All around...*All around*

They are, animals in action, animals in action

(Chorus)

*Animals in Action...Animals in action*  
*Animals in Action...Animals in action*

Let's go!

In the sky...*In the sky*  
On the ground...*On the ground*  
In the water...*In the water*  
All around...*All around*

They are animals in action!

### 13. Exercise as a Family

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Exercise (Stretch It) as a family  
Exercise (Pump It) as a family  
Exercise (Bend It) as a family, a family of words

This is the u g - ug family  
Shoot a ball left for the beginning sound  
Dribble to the center for the ug  
Shoot a ball right for the word  
You can make a family of words  
b-ug bug  
m-ug mug  
r-ug rug  
j-ug jug

This is the a t – at family  
Ski left for the beginning sound  
Ski straight ahead for the at  
Ski to the right for the word  
You can make a family of words  
c-at cat  
m-at mat  
s-at sat  
r-at rat

(Chorus)

This is the a n – an family  
Hit a tennis ball left for the beginning sound  
Hit a tennis ball straight for the an  
Hit a tennis ball right for the word  
You can make a family of words  
f-an fan  
r-an ran  
t-an tan  
m-an man

This is for the i g – ig family  
Pass a football to the left for the beginning sound  
Pass a football straight for the ig  
Pass a football right for the word  
You can make a family of words  
p-ig pig  
d-ig dig  
w-ig wig  
b-ig big  
(Chorus)

#### **14. My Fingers Can Be Animals That Exercise**

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Five fingers on the right, five fingers on the left  
Ten fingers all together that can move and bend (Chorus )  
    Ten fingers that can wiggle  
    Ten fingers that can fly  
My fingers can be animals that exercise

*Have some fun, and move those fingers!*

Move your fingers like spiders that are crawling alright  
Move them – crawling, crawling fingers exercise  
Crawl, crawl, crawl, crawl, crawl, crawl, crawl

Move your fingers like an octopus, wiggling alright  
Move them – wiggling, wiggling fingers exercise  
Wiggle, wiggle, wiggle, wiggle, wiggle, wiggle, wiggle

(Chorus)

*Ten fingers, let's move some more!*

Move your fingers like a dinosaur, stomping alright  
Move them – stomping, stomping fingers exercise  
Stomp, stomp, stomp, stomp, stomp, stomp, stomp

Move your fingers like a bird, flying alright  
Move them – flying, flying fingers exercise  
Fly, fly, fly, fly, fly, fly, fly

(Chorus)

## 15. Crazy 8's

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

1, 2, 3, 4, 5, 6, 7, 8

Crazy 8's

(Repeat)

Feet out 2, 3, 4, 5, 6, 7, 8

Down 2, 3, 4, 5, 6, 7, 8

Crawl out 2, 3, 4, 5, 6, 7, 8

Hold 2, 3, 4, 5, 6, 7, 8

Crawl back 2, 3, 4, 5, 6, 7, 8

Brush 2, 3, 4, 5, 6, 7, 8

Feet back 2, 3, 4, 5, 6, 7, 8

Jump 2, 3, 4, 5, 6, 7, 8

1, 2, 3, 4, 5, 6, 7, 8

Crazy 8's

(Repeat)

## 16. Swim to Stay Strong

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Swim, swim, swim – swim to stay strong  
Build your heart, your legs and your arms  
Swim, swim, swim – swim to stay strong  
Swim and count with me

Do the freestyle – stroke your arms  
Reach out and pull back  
One arm, then the other, count by 1's to 10 just like that  
1 2 3 4 5 6 7 8 9 10  
Now swim a little faster  
1 2 3 4 5 6 7 8 9 10

*Great!*

Do the backstroke, stroke your arms  
Reach backward then go round, one arm then the other  
Count by 5's to 50 just like that  
5 10 15 20 25 30 35 40 45 50  
Now backstroke faster  
5 10 15 20 25 30 35 40 45 50

*You're doing great!*

(Chorus)

Do the butterfly, reach out your arms  
Forward way up high, both arms pulled back  
Count by 10's to 100 just like that  
10 20 30 40 50 60 70 80 90 100  
Now butterfly faster  
10 20 30 40 50 60 70 80 90 100

Everybody have fun in the water  
Splash, splash, splash, splash, splash  
Now spin in the water  
Spin, spin, spin, spin, spin  
Now dip in the water  
Dip, dip, dip, dip, dip...yeah  
Swimming is so good for you, and it's really cool !

(Chorus)

*I love the water! Always be safe boys and girls!  
Stay close to adults!*

*Swimming is Great!!*

## 17. Exercise is Cool

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

C'mon everybody, let's sing and exercise together, let's go!

Here we go stretching out, here we go reaching up ( Chorus )  
Here we go stretching out, as we all work out

Cross your right knee left, cross your left knee right  
Do the best that you can do, exercise is cool

Cross your right arm left, cross your left arm right  
Do the best that you can do, exercise is cool

Cha - cha to your right, cha - cha to your left  
Do the best that you can do, exercise is cool

(Chorus)

Roll your arms out right, roll your arms out left  
Do the best that you can do, exercise is cool

Do the doggy paddle right, do the doggy paddle left  
Do the best that you can do, exercise is cool

Shake your shoulders down, shake your shoulders up  
Do the best that you can do, exercise is cool

Exercise is cool...la, la, la, la, la  
Exercise is cool...la, la, la, la, la

You can do it every day there are so many ways  
In shorts, playing sports, on the field, on the court  
You can do it any way, in a pool, in a race  
Feel good, feel strong, live healthy, live long  
Exercise is fun to do, exercise is cool!

(Chorus)

La, la, la, la, la...la, la, la, la, la...la, la, la, la, la, la, la

Exercise is Cool!

## **18. Workout In the Gym**

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Workout in the gym, muscles pumping, hearts are thumping  
Workout in the gym, hips are twisting, arms are lifting  
Workout in the gym, legs are running, feet are jumping  
Workout! Workout! Count by tens

Go from 10 to 100  
Count by tens  
Do arm curls, use your biceps  
Workout in the gym!  
10 20 30 40 50 60 70 80 90 100

Go from 100 back to 10  
Backwards by tens  
Do kick backs use your triceps  
Workout in the gym!  
100 90 80 70 60 50 40 30 20 10

(Chorus)

Go from 10 to 100  
Count by tens  
Do calf raises, use your legs  
Workout in the gym!  
10 20 30 40 50 60 70 80 90 100

Go from 100 back to 10  
Count backwards by tens  
Do knee bends, use your legs  
Workout in the gym!  
100 90 80 70 60 50 40 30 20 10

(Chorus)

Way to Go!

## 19. Exercise to the Alphabet

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Exercise to the Alphabet  
Stretch your body right and left  
Follow me do like I do, say the letter, the letter sound, and a word too

March in place  
A - a - action  
B - b - baseball  
C - c - catch  
D - d - dive  
Do arm curls !  
E - e - exercise  
F - f - faster  
G - g - gatorade  
H - h - higher

(Chorus)

Do arm circles  
I - i - incredible  
J - j - jog  
K - k - karate  
L - l - lap  
Do washing machines  
M - m - muscle  
N - n - never - never give up  
O - o - oxygen  
P - p - power

(Chorus)

Do scissors  
Q - q - quick  
R - r - reach  
S - s - super  
T - t - tough  
Walk in place  
U - u - under  
V - v - victory  
W - w - winner  
X - x - extreme  
Jog in place  
Y - y - yes  
Z - z - zoom

(Chorus)

Exercise every day! Learn those letter sounds and read, read, read! Yeah!

## **20. Animals in Action 2**

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Dive, dive, dive like a dolphin (Children repeat)  
Hop, hop, hop like a frog (Children repeat)  
Chomp, chomp, chomp like a gator (Children repeat)  
Gallop, gallop, gallop like a horse (Children repeat)

Animals in action, Animals in action. Let's go!

Wag, wag, wag like a dog (Children repeat)  
Glide, glide, glide like a stingray (Children repeat)  
Slither, slither, slither like a snake (Children repeat)  
Swish, swish, swish like a fish (Children repeat)

Animals in action animals in action. Let's go!

In the sky  
On the ground ( Chorus )  
In the water  
All around  
They are animals in action  
Animals in action

Dive, dive, dive like a dolphin (Children repeat)  
Hop, hop, hop like a frog (Children repeat)  
Chomp, chomp, chomp like a gator (Children repeat)  
Gallop, gallop, gallop like a horse (Children repeat)

(Chorus)

## 21. Warm it Up

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Warm it up  
Feel the music  
Clap, clap, clap  
Warm it up  
Feel the music (Chorus)  
Pat, pat, pat  
Warm it up  
Feel the music  
Stretch, stretch, stretch  
Warm it up, feel the music, do your best

Both arms reach out, like an eagle flying high  
Arms fly up and down, flying high up in the sky  
Both elbows back, twist out side to side  
Twist and loosen up  
Get your body feeling right

Stretching and loosening up helps your body go higher, be stronger, move faster!  
Let's keep warming up...c'mon

(Chorus)

Now both arms reach out, like an eagle flying high  
Arms fly up and down, flying high up in the sky  
Now spread your feet out wide  
Stretching helps you to stay fit  
Stretch your legs out left and right  
Keep stretching, don't you quit  
Now arms reach way up  
Bend like branches in the wind  
Stretch your body out, getting ready to begin

(Chorus)

Warm it up...let's get ready, exercise is cool!  
Gotta warm it up, get ready to go, are you ready?

Warm it up!

## **22. Cool Cat's Cool Down**

*Words and Music by Jack Hartmann, MA BMI Copyright 2008*

Yo, girls and boys, Cool Cat here, ya know I'm a special cat  
I love to exercise, it's so good for my body and mind  
But after I exercise and have fun  
I need to cool down  
You know, slow down and get back to learning and focus

Stretch your body, relax your body, everybody (Chorus)  
Cool Down

C'mon, join Cool Cat  
And let's walk, walk, walk nice and easy  
Walk, you got it  
Walk...I love to walk

(Chorus)

Now reach your right arm up high  
Stretch it over your head to the left  
Stretch it, stretch it  
Now reach your left arm up high  
Stretch it over your head to the right  
Stretch it, stretch it

(Chorus)

Now put your right leg out front, your left leg way back  
Bend your right knee, bend it, stretch it  
Put your left leg out front and your right leg way back  
Bend your left knee, bend it, stretch it

(Chorus)

Remember girls and boys,  
Cool Cat says exercise every day  
I do. And don't forget to Cool Down  
That's why I'm so cool...yeah, Cool Cat

## **Teachers Open – Ended Versions**

- 23. Alphabet Workout – “open-ended version”**
- 24. Exercise as a Family of Words – “open – ended version”**
- 25. Exercise to the Alphabet – “open – ended version”**