Move Those Muscles

Activity: Pump up everyone and have fun moving to the different action words push, pull, etc. Discuss how muscles work and how they help us move all different ways.Come on everybody, let's move those muscles. All right.

Chorus:
I've got muscles so do you. All those muscles help us move.
This way, that way, easily. Move those muscles right with me.

Move those muscles, push, push. Move those muscles, up, down. Move those muscles, pull, pull. Move those muscles all around. Move those muscles, swim, swim. Move those muscles, run, run. Move those muscles, jump, jump. Move those muscles, let's have fun.

Repeat Chorus

Move those muscles, ride your bike. Move those muscles, dive, dive. Move those muscles, climb, climb. Move those muscles, all around. Move those muscles, hop, hop. Move those muscles, spin, spin. Move those muscles, bend, bend. Move those muscles, let's have fun. Move those muscles right with me!