

6. EXERCISE TIME (2:41)

It's exercise time - Stretch way up high.

It's exercise time - stretch way down low.

It's exercise time - stretch to the left.

It's exercise time - stretch to the right.

Run in place.

Do jumping jacks.

Do deep knee bends.

Activities

1. Let the class decide other exercises to do in the song besides running, jumping jacks and knee bends.

2. Have student leaders decide which exercises to do in the song and lead the class.