

Jump for Fun

CHORUS

*Jump, jump, jump for fun
Jump, jump, jump for fun
Jump, jump, jump for fun
Jump, jump, jump for fun
Fun is here for all of us
We're gonna jump, jump*

Jump for fun!

CHORUS

Jump! I said jump!
Jump around
Real low
Jump in the middle
High!
Jump to town

CHORUS

Jump! Now jump!
I said jump!
Jump high!
Jump twice
To the sky
Jump high!



For the Teacher:

The song, *Jump for Fun*, provides a 'rock and roll' way to get up and get jumping and moving together. Young children can enjoy practicing skills and challenging themselves as they listen to the music and jump longer, higher or faster. Help the children notice how their heartbeat and body changes as they keep jumping and moving vigorously with the music. It's exercise and it's fun!

Goal:

Children will practice language skills, develop body awareness and demonstrate developing strength, balance and control in performing large motor tasks such as hopping, jumping and balancing.