CHORUS
I'm going out to play today
On my way to play today
I'm going out to play today
Let's go out to play

CHORUS
Climbing, climbing up and down
Climbing, climbing all around
Climbing, climbing up and down
Climbing, climbing all around

CHORUS
Swinging, swinging up and down
Swinging, swinging all around
Swinging, swinging up and down
Swinging, swinging all around

CHORUS
Hopping, hopping up and down
Hopping, hopping all around
Hopping, hopping up and down
Hopping, hopping all around

CHORUS
Running, running up and down
Running, running all around
Running, running up and down
Running, running all around

CHORUS
Pulling, pulling up and down
Pulling, pulling all around
Pulling, pulling up and down
Pulling, pulling all around

For the Teacher:
The song, Play Day, encourages children to run, pull, climb, skip, swing and hop outside or in a large indoor play space. You can provide a period of time for unstructured play for children to get the wiggles out and get the oxygen in. Children can participate in play and exercise at their own level of comfort and competence while practicing the large motor skills suggested in the lyrics of the song.

Goal:
The children will practice language skills while engaging in active play outdoors and in open spaces to develop large muscle control and coordinate upper and/or lower body movements through running, pulling, climbing, skipping, swinging and hopping!