

Play Day

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

Skipping, skipping up and down
Skipping, skipping all around
Skipping, skipping up and down
Skipping, skipping 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!