

Walk

The Wiggles

Get ready to.

(Walk) on your way to school.

(Walk) to the swimming pool.

(Walk) to your favourite park.

(Walk) Upright after dark.

Walk everywhere.

(Run) right around the block.

(Run) in your shoes and socks.

(Run) with your knees up high

(Run) when you're feeling fine.

Run everywhere.

(Well it's been lots of fun walking and running.)

(What other ways can we move?)

(Oh i think i know.)

We can move in many different ways.

We can walk and run and jump all day.

(Jump) like a kangaroo.

(Jump) over to the zoo.

(Jump) up two flights of stairs.

(Jump) high up in the air.

Jump everywhere.

Walk.

Walk.

Walk.

Walk.