

## Silly Willy Workout

### Music/Narration

#### Track # 1 - Fun to be Fit

It's fun to be fit and fit is fun, warm up your muscles every day.  
It feels so good when we feel so strong 'cause we have such energy to play....  
We can do so many many things when we're fit...and strong!  
(Repeat)  
It's fun to be fit and fit is fun - Get Ready to move - get ready to move -  
'Cause being fit is fun!  
It's fun to be fit, it's fun to be fit...

#### Track # 2 - Silly Willy Wiggle

We're gonna do the Silly Willy Wiggle.  
We're gonna do the Silly Willy Waggle.  
Now listen close - wiggle your **shoulders**  
Listen again - wiggle your elbows -  
**Flap your arms** like you're flying like a bird -  
We're gonna do the Silly Willy Wiggle  
(Repeat)  
We're gonna do the Silly Willy Waggle  
(Repeat)  
Now listen close-  
Wiggle your **waist** and make it jiggle!  
Lift those **knees**, one at a time...  
Tap 'em with your hands, one at a time...  
The feet, the feet, what are the feet doin'?  
The **feet**, the feet, takin' me around the room,  
While I wiggle and jiggle and flap my arms!  
We're gonna do the Silly Willy Wiggle.  
We're gonna do the Silly Willy Waggle  
The Silly Willy Wiggle, the Silly Willy Waggle,  
While we wiggle and jiggle all around!

### Track # 3 - Breathing

### Track # 4 - Marching

Marching, marching, marching like a marching band.

Rows and rows of brightly colored uniforms marching together in the band.

Marching, marching, marching like a marching band,

the **big bass drum** beats the rhythm while we're marching together in the band.

Marching, marching, marching, marching, marching, marching, marching, marching, marching. (as song gets louder, knees get higher)

The **tubas** sway back and forth to the rhythm and the **trombones slide, trombones slide.**

The **flutes and the clarinets** are doing their very best to keep with the rhythm of the band.

The **trumpets** call brassy and clear, the **cymbals** crash...

The **flutes** and the **clarinets** are doing their very best to keep with the rhythm of the band.

Marching, marching, marching like a marching band.

Row and rows of brightly colored uniforms playing together in the band.

(marching gets softer and softer as children wave good-bye to the marching band)

### Track # 5 - Pony Ride

Let's go on a pony ride, walk our ponies' round.

Let's go for a pony ride, walk them 'round the town.

Then we take our ponies for a trot as they prance with their heads held high...

Trotting down the road as we sit in the saddle and ride..Giddee-yup,

Giddee-yup!

Off we go as we gallop and run, can't believe it's so much fun to gallop and run, gallop and run as we ride our ponies home, ride our ponies home...Whoa!

### **Track # 6 - Calypso Caboose**

Here's a new dance get ready to move, get on board the Calypso Caboose.  
Hear the engine at the front so plain, caboose hangin' on at the back of the train.

Chug- a-Chug a Choo Choo, Chug-a-Chug a Choo Choo, Chung-a-Chug a Choo Choo

Clickety-clickety clack clack, clickety clickety clack.

Clickety-clickety clack clack, Clickety clackety track track

(Repeat Chorus)

let's all do the Calypso Caboose, we'll shake and shake 'til it all comes loose.

Come on and do the Calypso Caboose, we'll chug a chug a choo choo choo!

(Repeat Chorus)

### **Track # 7 - Let's Hop**

There's a little bunny I know she's a honey she hops and hops all day.

Come on little bunny my cute honey bunny, let's play....

There's a funny froggy I know by golly... he hops and hops all day...

Come on funny froggy my green funny froggy, let's play...

Mister Kangaroo likes to hop around too- he hops and hops all day.

Come on Mister Kangaroo my bouncy Mister-roo, let's play...

Hop like a bunny, leap like a froggy, bounce like a Kangaroo!

### **Track # 8 - Bean Bag Bop**

Bop bop bop it's the Bean Bag

Bop bop bop it's the Bean Bag

Bop bop bop it's the Bean Bag

Move it all around and don't let it stop stop.

Shake it all around and don't let it drop drop.

(Repeat Chorus)

**Put it on your top** and don't let it drop

That's what we call the Bean Bag Bop

**Put it on your nose** and strike a funny pose

See where it goes when you drop it to your toes.

(Chorus Repeat)

**Put it on your ear** you don't have to fear  
that you won't hear when we give a big cheer.  
**Put it on your shoulder** and be a little bolder-  
Before you know it you'll be a little older.

(Chorus Repeat)

**Put it on your belly** make it stick like jelly  
if you get it at the deli make sure it isn't smelly.  
**Slap it on your back** now you've got the knack  
to wear it like a pack or maybe like a sack.

(Chorus Repeat)

**Put it on your knee** while the other one's free  
Look at me I'm a sycamore tree  
**Toss it in the air and catch it up there**  
Betcha won't dare to get it in your hair

(Chorus Repeat)

**Shake it up and down** and move it all around  
You don't have to frown if it hits the ground.  
**Toss it in the air**, better beware,  
'cause we're gonna stop the Bean Bag Bop!

### **Track # 9 - COOL**

Let's start walk-in' 'cause it's time to slow down and cool down.  
Our hearts were workin' hard goin' Boom-ba-Boom it's time to slow down as we  
cool down. Listen to your heart beat, hear it slowin' down you can talk as you  
walk just keep a movin' 'round and cool down, cool down. Keep on walkin' and  
take a big breath. It feels so good when we take a big breath and cool down,  
cool down. You've done a great job, come back and do it again. Exercise is so  
much fun come back and do it again and cool down, cool down.

**Track # 10 - Stretching**

Stretching up to the ceiling, stretching down to the floor once more.

All our muscles are feeling, stretched like never before.

Breathing in - breathing out = take the time to feel...

Stretching wide, to the side - take the time to feel...

Stretching front - stretching back, see how good it feels.

(Repeat)

**Track # 11 - Fun to Be Fit**

*Repeat the song used at the beginning of the CD.*

**Music/ Vocals**

**Track # 12 - Silly Willy Wiggle**

**Track # 13 - Marching**

**Track # 14 - Pony Ride**

**Track # 15 - Calypso Caboose**

**Track # 16 - Lets Hop**

**Track # 17 - Bean Bag Bop**

**Track # 18 - Cool**

**Track # 19 - Stretching**

**Track # 20 - Fun to be Fit**

**Suggested activities:**

Sing-a-long and clap

Continue stretching exercises

Add additional exercises: Curl Ups, Push Ups, Crab Walks, etc.

March or Dance

## How do I use this CD?

Kids will love this fitness program; its fun and easy-to-follow!

- \*Children - Listen at home and exercise with your friends!
- \*Teachers - Great for Physical Education classes (K-2).
- \*Special Events - Birthday Parties. Play Groups!
- \*Pre-School Teachers - Use as a sing-a-long or movement class!
- \*Adaptive P.E. Programs - For those special children.
- \*Fitness Centers & Health Clubs - Use for programming in your child care center or children's fitness program!

## Credits

Narration/Instruction:	Brenda Colgate M.A.
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Production/Arrangements:	Tim Horrigan
Production Assistant:	Norma Roberts
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