

SILLY WILLY DISCOVERS**FITNESS & PHONICS****Short Vowels***Brenda Colgate*

The Silly Willy Series continues with this recording of original music that combines learning short vowel sounds with exercise, making a **High Energy** creative workout for kids!

Each song has lyrics that highlight a single vowel sound. For example the short "A" sound is repeated in the lyrics of "Trash Rap" through action words: Clap, Snap, Pat, Tap, Slap, Flap. The narration guides the child through each fitness activity offering encouragement and fun movement opportunities. These songs can also be used for children's physical fitness activities, in the classroom as a supplement reading tool, or for enjoyable listening in the car or home.

LETTER	TITLE	MOVEMENT
A.E.I.O.U	Theme Song	Clap, March, Jumping Jacks Making Letter Shapes
A	Trash Rap	Coordination/Listening Skills Clapping/Toe Tapping, etc.
E	The Yes Step	Marching
I	Skip Skip	Skipping
O	Hop On The Hot Spot	Hopping(one foot/two feet)

U Run for Fun Running

A.E.I.O.U It's Time To Review Locomotor Movements

A.E.I.O.U Theme Song (Reprise) Sing-A-Along/Free Movement

TRACK # 1. A-E-I-O-U SHORT VOWELS

Sing-a-long, march and clap or jumping jacks. Listening for cues to make letter shapes.

A-E-I-O-U-U-U-U.

What's a kid to do do do do?

5 little letters sounding different,
vowels just a few

A-E-I-O-U-U-U-U.

What do vowels do do do do?

They connect the consonants to make
words you can use

A-E-I-O-U-U-U-U.

What's a kid to do do do do?

Vowels all together searching for a
sound or two

(Children make letter shapes)

Make a big "A"----Make a little "a"----

That sounds like a-a-a-a-a-a-a-a-
in **back**

Make a big "E"----Make a little "e"----

that sounds like e-e-e-e-e-e-e-e
in **leg**

Make a big "I"----Make a little "i"----

that sounds like i-i-i-i-i-i-i in
chin

Make a big "O"----Make a little "o"----

that sounds like o-o-o-o-o-o-o-o
in **drop**

How do you make a "U-U-U". Sweep
your arms up to the sky.
Listen to the "Uh" in up-up-up
before we say goodbye.....
(march and clap or jumping jacks)

A-E-I-O-U-U-U-U
What's a kid to do-do-do-do?
5 little letters sounding different,
vowels just a few

A-E-I-O-U-U-U-U
What do vowels do-do-do-do?
They connect the consonants to make
words you can use

A-E-I-O-U-U-U-U
What's a kid to do-do-do-do?
Vowels all together searching for a
sound or two
Keeping fit with all your friends is fun
and healthy too!

Note: All vowel sounds are highlighted

TRACK # 2 - TRASH RAP

Coodination/Rhythmic movement

Children clap hands, tap toes, pat thighs, slap hips and flap arms to this rap
style follow along song.

Clap-Clap-Clap-Clap

Snap-Snap-Snap-Snap

Again

Clap-Clap-Clap-Clap

Snap-Snap-Snap-Snap

Let's add a **tap-tap** the toes

Tap-Tap-Tap-Tap

Let's add a **pat-pat** the thighs

Pat-Pat-Pat-Pat

Tap-Tap-Tap-Tap (your toes)

Pat-Pat-Pat-Pat (your thighs)

Again

Tap-Tap-Tap-Tap

Pat-Pat-Pat-Pat

Now clap and snap and tap and pat!

Clap-Clap-Clap-Clap

Snap-Snap-Snap-Snap

Tap-Tap-Tap-Tap

Pat-Pat-Pat-Pat

Again

Clap-Clap-Clap-Clap

Snap-Snap-Snap-Snap

Tap-Tap-Tap-Tap

Pat-Pat-Pat-Pat

Let's add a slap-**Slap** your hips

Slap-Slap-Slap-Slap

Let's add a flap, flap those arms-

Flap-Flap-Flap-Flap-

Slap-Slap-Slap-Slap (your hips)

Flap-Flap-Flap-Flap-(your arms)

Again

Slap-Slap-Slap-Slap

Flap-Flap-Flap-Flap

Put it all together in a steady flow

with a Clap and a Snap and a Tap

and a Pat and a Slap and a Flap

Ready Go!

Clap-Clap-Clap-Clap (your hands)

Snap-Snap-Snap-Snap (your fingers)

Tap-Tap-Tap-Tap (your toes)

Pat-Pat-Pat-Pat (your thighs)

Slap-Slap-Slap-Slap (your hips)

Flap-Flap-Flap-Flap (your arms)

Again!

Clap-Clap-Clap-Clap

Snap-Snap-Snap-Snap

Tap-Tap-Tap-Tap

Pat-Pat-Pat-Pat

Slap-Slap-Slap-Slap

Flap-Flap-Flap-Flap

Great...Dance to the trash rap!

Whoo!

Dash to the trash-Mash the trash.

Stash the trash-Crash-Crash

Drat there's a rat wearing a hat.

No time to **chat**.Go get the **cat** to

catch the rat

The **cat** has the **rat**.

Scat Scat.

TRACK #3 - THE YES STEP

A marching song!

The **best step** is the **YES STEP**

It's called the **YES STEP**

that's why we **yell-YES!**

The **best step** is the **YES STEP**

**we're full of pep when we step and yell
YES!**

The **best step** is the **YES STEP**

**when we stretch our legs and we're
ready to march**

The **best step** is the **YES STEP**

'cause we **met** our friends and we
said-Yes!

Bet you can get to the next step

Well, it's a full of **zest step**

**Yet the next set is a fresh new step
that helps us to yell YES!-YES!**

The **best step** is the **YES STEP**

It's called the **YES STEP**

when we yell YES!-YES!

The **best step** is the **YES STEP**

Let the rest of the steps be YES

The **best step** is the **YES STEP**
It's called the **YES STEP**
 when we yell YES! YES!
The **best step** is the **YES STEP**
Let the rest of the steps be **YES!-YES!**

TRACK # 4 - SKIP, SKIP

A skipping song!

Skip Skip up the hill
Skip Skip to the rim of the hill
Skip Skip on the ridge of the hill
Skip Skip don't sit still
I wish I had a **twig** or maybe a **stick** to
Swish Swish Swish Swish
Skip Skip up the hill
Skip Skip to the rim of the hill
Swish Swish Swish Swish
Skip Skip don't sit still
If I did a **jig** I'd **kick spin twist** and
Twitch twitch twitch twitch
Skip Skip up the hill
Skip Skip to the rim of the hill
Twitch Twitch Twitch Twitch
Skip Skip up the hill
Skip Skip to the rim of the hill
Skip Skip on the ridge of the hill
Skip Skip don't sit still
Skip Skip Skip Skip Skip Skip Skip Skip!

TRACK # 5 - HOP ON THE HOT SPOT

Children imagine hopping on a hot spot on the ground. Hopping on one foot, two feet, in a circle and with a friend

Can you **hop** a lot on the **hot spot**?
Yes, we **hop** a lot on the **hot spot**.

Can you **hop** a **lot** on the **hot spot**?

Yes we **hop** a **lot** on the **hot spot**.

Can you **hop** a **lot** on the **hot spot**?

Yes we **hop** a **lot** on the **hot spot**!

Hop-hop-hop-on-

the **spot** that's **hot**!

Wooo!

Can you **hop** a **lot** on the **hot spot**?

Yes we **hop** a **lot** on the **hot spot**...

Can you **hop** a **lot** on the **hot spot**?

Yes we **hop** a **lot** on the **hot spot**

Look at the **dog** and **hog** sitting on

a **log** in the **fog**

You've **gotta drop** on the **top**

cuz it's **hot** on the **spot**!

Can you **hop** a **lot** on the **hot spot**?

Yes we **hop** a **lot** on the **hot spot**.

Can you **hop** a **lot** on the **hot spot**?

Yes we **hop** a **lot** on the **hot spot**.

Hop-hop-hop-on-

the **spot** that's **hot**!

TRACK # 6 - RUN FOR FUN

Children run or jog in a big circle around the room to this inspiring running song.

Run for fun - We will **run** in the **sun**

It's **fun** to **run** in the **sun**

Hum while we **run** in the **wind** and **sun**

we just love to **hum** when we **run**

Run for fun - We will **run** in the **sun**

It's **fun** to **run** in the **sun**

Rush like the **wind** - like a **gust** of **wind**

Like a **gust** of **wind** - we must **run**

TRACK # 7 - IT'S TIME TO REVIEW - A.E.I.O.U

Vowel sounds in review with movement activities. Each letter sound has its own verse and movement activity. Listen and demonstrate movement the first time through.

Short "A" sound. Action: Tapping toes
and Patting Thighs

It's time to **tap tap tap**
It's time to **pat pat pat**
Rat-a-tat-tat-tat
No time to **chat**
That's a fact!

(Repeat)

Short "E" sound. Action: Walking

It's time to walk your **legs**
You're holding **eggs eggs eggs**
No time to **rest rest rest**
Exercise - your best!

(Repeat)

Short "I" sound. Action: Skipping

It's time to **skip skip skip**
Let's take a **trip trip trip**
With your hands on your **hips**
Let's **dip** and **skip!**

(Repeat)

Short "O" sound. Action: Hopping

**It's time to hop hop hop
On a spot spot spot
We hop a lot lot lot
On a spot - that's hot!**

(Repeat)

Short "U" sound. Action: Running

**It's time to run run run
Underneath the sun sun sun
All of us us us
Run to catch the bus!**

(Repeat)



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