

Exercise for Preschoolers

These movements are to be done to the song, "Shake, shake, shake, your sillies out..."

Song Words	Movement	Reason
1) Jump, jump, jump your sillies out...	Standing in place, jumping up and down	Leg strengthening, balance
2) Run, run, run ...	Stand in place, running motion	Leg strengthening, balance, endurance
3) March, march, march...	Stand in place, alternate lifting legs up high	Leg strengthening, balance
4) Squat, squat, squat...	Alternate moving from stand to squat position	Leg strengthening, balance
5) Slide, slide, slide...	Long sit, bend and straighten legs	Leg, abdominal & (arm) strengthening
6) Clap, clap, clap...	Long sit, lift legs and "clap" feet together	Leg, arm & abdominal strengthening.
7) Bump, bump, bump...	Lay on back and lift buttocks up & down ("bump")	Leg strengthening
8) Stomp, stomp, stomp...	Crab position to stomp feet	Balance, coordination, leg, arm and trunk strength