



WARM-UP

SOF: JUMPS

THEME: DOWN ON THE FARM

Warm-up song: Old MacDonald (by The Kiboomers)

Act out the song - watch the YouTube video for song lyrics

LYRICS

CHORUS

Old MacDonald had a farm,
E-I-E-I-O!



COW

And on that farm he had a cow,
E-I-E-I-O!
With a moo moo here,
And a moo moo there,
Here a moo, there a moo,
Everywhere a moo moo!



DUCKS

And on that farm he had some ducks,
E-I-E-I-O!
With a quack quack here,
And a quack quack there,
Here a quack, there a quack,
Everywhere a quack quack!



PIGS

And on that farm he had some pigs,
E-I-E-I-O!
With an oink oink here,
And an oink oink there,
Here an oink, there an oink,
Everywhere an oink oink!

AFTER SONG: PRACTICE DIFFERENT TYPES OF **JUMPS**

