

## I Can Stretch

Action/Lycra Song



I can be narrow *Stand tall with arms close to your body*  
I can be wide *Stand with arms and legs wide apart*  
I can stretch low *Crouch down as low as you can*  
And I can stretch high *Stretch up as high as you can*

I can reach forward *Reach arms forward*  
And I can reach back *Reach arms behind your back*  
Stretch my legs *Stretch your legs out wide*  
And stretch my back ( x 2 ) *Stretch your back, backwards*

I can be narrow  
I can be wide  
I can stretch low  
And I can stretch high

I can reach forward  
And I can reach back  
Stretch my legs  
And sit down on the mat.

**Teaching Notes:** Encourage the children to listen to the instructions in this song. There is plenty of time in the song to respond to the lyrics.

### Musical Skills

Tone Colour - Respond to the different voices (male/female).

### Other Skills

Gross motor Skills - Moving your body in different ways.

Maths Language - Developing directional and spatial language.

Listening Skills - following directions.

### Extension Activities

Discuss the word stretch.

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