Sing. Point and match.
Lesson 1

3 My body

Move your body
Move your body,
Move it with me.
Move your body.
1,2,3!

Move your head,
Move it with me.
Move your head.
1,2,3!

Move your arms,
Move them with me.
Move your arms.
1,2,3!

Move your legs,
Move them with me.
Move your legs.
1,2,3!

Move your hands,
Move them with me.
Move your hands.
1,2,3!

Move your feet,
Move them with me.
Move your feet.
1,2,3!

Name: ____________________________
Sing. Point and stick.
3 My body

Come on everybody
Come on everybody and run with me,
Run with me, run with me.
Come on everybody and run with me,
Run, run, run!

Come on everybody and skip with me,
Skip with me, skip with me.
Come on everybody and skip with me,
Skip, skip, skip!

Come on everybody and hop with me,
Hop with me, hop with me.
Come on everybody and hop with me,
Hop, hop, hop!

Come on everybody and climb with me,
Climb with me, climb with me.
Come on everybody and climb with me,
Climb, climb, climb!
Look and colour.
I had a little turtle,
His name was Tiny Tim.
I put him in the bath,
To see if he could swim.

He drank up all the water,
He ate up all the soap.
He tried to eat the bath,
But it wouldn’t go down his throat!

Mummy called the doctor.
Mummy called the nurse.
Mummy called the lady
With the purple spotted purse.

‘He’s sick,’ said the doctor.
‘He’s sick,’ said the nurse.
‘He’s naughty,’ said the lady
With the purple spotted purse.
Trace, match and circle. Listen.

M m m m m

Phonics
3 My body

Transcript
m... m... m... milk
m... m... m... milk
m... m... m... monster
m... m... m... monster
m... m... m... mouse
m... m... m... mouse

m m m m m m m m

M M M M M M M M

Name: ________________________________

Lesson 4
Look and match.

I can look after my body
3 My body

Name: _________________________________

1 2 3 4

1 2 3 4