

Rock while you walk

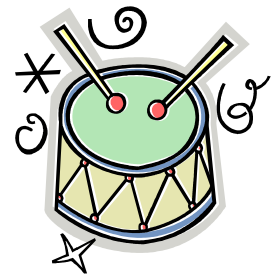
*"Walking back from your house... walking on the moon,
Feet they hardly touch the ground... walking on, walking on the moon"* Police

Each child that walks, or takes other active modes to school, is a ***STAR*** - they are helping to reduce air pollution and getting some physical activity to keep them in shape. To add to the celebratory mood why not greet these stars with music and help them put an extra bounce in their step!

Here are some suggested walking tunes that can be played in the schoolyard, gym or over the PA system. Or just create your own!



Walk 500 Miles - The Proclaimers
Twenty-Five Miles - Edwin Starr
Walk Like a Man - 4 Seasons
Walkin' on Sunshine - Katrina & the Wave
The Wanderer - Dion
Walkin' the Dog - Rufus Thomas
Walkin' Away - Craig David
Everybody Walk the Dinosaur - Was Not Was
Walk like an Egyptian - Bangles
Walk Right In - Rooftop Singers
These Boots are Made for Walkin' - Nancy Sinatra
I've got a New Way to Walk - Sesame Street
Walkin' a Thin Line - Huey Lewis
I'm Walkin' - Fats Domino
Walkin' to New Orleans - Fats Domino
Walkin' in Rhythm - Blackbirds
Walk of Life - Dire Straits
Walk a Mile in My Shoes - Joe South
I'm Walkin' - Ricky Nelson



If you feel really creative, use the tune but make up your own words, like this one adapted from 'Rock Around the Clock':

We're gonna' walk to school, walk to school and back
We're gonna' walk, walk, walk 'cuz we've got the nack!
We're gonna' walk to school, walk to school and back,
We're gonna' walk, walk, walk 'cuz we're on track!
We're gonna' walk, we're gonna' walk, we're gonna' walk to school and back!

"If you want a healthy nation, you have to start with healthy, active children"
Major Jan Eisenhardt

Enjoy!