

SILLY WILLY DISCOVERS**FITNESS & PHONICS***Long Vowels**Brenda Colgate*

The Silly Willy Series continues with this recording of original music that combines learning short vowel sounds with exercise, making a **High Energy** creative workout for kids!

Each song has lyrics that highlight a single vowel sound. For example the long "O" sound is heard over and over again in the lyrics, "The Mole Hole". Children are encouraged to move slowly like a mole while listening to movement oriented lyrics that emphasize the long "O" sound. The narration guides the child through each fitness activity, offering encouragement and fun movement opportunities. These songs can be used for physical education activities, in the classroom as a supplemental reading tool, or for enjoyable listening in the car, or at home.

LETTER	TITLE	MOVEMENT
A.E.I.O.U.	Theme Song	Walking/Jumping Jacks Making letter shapes
A	Skate/Snake Shake	Skating & Shaking Movements
E	Beets and Beans and Leafy Greens	Curl Ups (abdominal exercises)
I	Five Mile Ride	Biking (on back)

O	Mole Hole	Moving Slowly (creative movement)
U	The Tune	Stretching (standing & sitting)
A.E.I.O.U	It's Time To Review	Locomotor Movements
A.E.I.O.U	Theme Song (Reprise)	Sing-A-Long/Free Movement

TRACK # 1 - A.E.I.O.U

Sing-a-long, march and clap or do jumping jacks. Listening for cues to make letter shapes.

A-E-I-O-U-U-U-U

What's a kid to do do do do?
5 little letters sounding different,
vowels just a few

A-E-I-O-U-U-U-U-

What do vowels do do do do?
They connect the consonants to
make words you can use

A-E-I-O-U-U-U-U

What's a kid to do do do do?
Vowels all together searching for a
sound or two-

(Children make letter shapes)

Make a big "A"---- Make a little "a"----

That sounds like a-a-a-a-a-a-a
in **face**

Make a big "E"---- Make a little "e"----

that sounds like e-e-e-e-e-e-e-e
in **knee**

Make a big "I"---- Make a little "i"----
that sounds like i-i-i-i-i-i-i- in
thigh

Make a big "O"----Make a little "o"----
that sounds like o-o-o-o-o-o-o-o
in **nose**

How do you make a U-U-U?
Sweep your arms up to the sky
Listen to the U in **tune tune tune**
Before we say goodbye.....

(Children march and clap or do
jumping jacks to music)

A-E-I-O-U-U-U-U
What's a kid to do do do do?
5 little letters sounding different,
vowels just a few

A-E-I-O-U-U-U-U
What do vowels do do do do?
They connect the consonants to
make words you can use.

A-E-I-O-U-U-U-U
What's a kid to do do do do do?
Vowels all together searching for a
sound or two
Keeping fit with all your friends is
fun and healthy too!

Note: All Vowel Sounds are highlighted

TRACK # 2 - SKATE/SNAKE SHAKE

First part of song move as if skating. When tempo changes start shaking and dancing!

Kate likes to skate on a blade with Jake.

Straight thru the gate,

They won't be late

to make a date to skate all day.

They make a game of chase the snake.

What is that game?

What is its name?

It's called the SNAKE SHAKE!

Jake made a cake for the-snake shake-

shake-shake-shake-shake

Kate gave the cake to the snake

on a plate,

So he would shake-shake-

shake-shake!

Chase that snake as you shake-shake

Take that cake away from the snake

The snake ate the plate and the cake

that we baked.

He did the snake-shake-shake-

shake

Jake made a cake for the snake shake

Shake-shake-shake-shake

Kate gave the cake to the snake

on a plate,

So he would shake-shake-

shake-shake!

Chase that snake as you shake-shake

Take that cake away from the snake

The snake ate the plate and the cake

that we baked.

He did the snake-shake-shake-shake

Snake Shake Shake Shake

Snake Shake Shake Shake

TRACK # 3 - BEETS AND BEANS AND LEAFY GREENS

Children are lying on their back, knees bent, hands behind head ready for curl-up cue.

Listen for the "E" sounds.
Can you hear the "E" sounds?
Let's say the "E" sounds
All together now!
Beets and beans and leafy greens
Can be **seen** by the **geese**
down the **street** as a **feast**.
It's CURL-UP TIME!
1-2-3-4 REST!

Listen for the "E" sounds
Can you hear the "E" sounds?
Let's say the "E" sounds
All together now!
Feet, feet sneak a peek
Squeak, squeak, we hear them speak!
It's CURL UP TIME!
1-2-3-4 REST!

Listen for the "E" sounds
Can you hear the "E" sounds?
Let's say the "E" sounds
All together now!
A **seal** on the **beach** **asleep**
in the **heat** will **seek relief**
on the **reef** in the **deep**.
It's CURL-UP TIME!
1-2-3-4 REST!

Listen for the "E" sounds
Can you hear the "E" sounds?
Let's say the "E" sounds
All together now!
A **sweet pea** in a **peach tree**
with a **queen bee**
can **really** make you **squeal**
It's CURL-UP TIME!
1-2-3-4 REST!

Listen for the "E" sounds
Can you hear the "E" sounds?
Let's say the "E" sounds
All together now!

Three sheep for a treat eat
the **weeds** and the **wheat**
'til it **makes** them **leap**
It's **CURL-UP TIME!**
1-2-3-4-5-6-7-8-9-10-11-
12....repeat

TRACK # 4 - FIVE-MILE RIDE

Lie on back, move legs around and around or jog with knees up - pretending you're on a bicycle

I'm going on a five-mile ride-on my
 bike with the white stripe on the
 tire.
I like to ride and ride on my bike with
 the white stripe on the tire.
It's quite a sight to see - when I glide
 on my bike with the white stripe on
 the tire.

Repeat

TRACK # 5 - MOLE HOLE

Move slowly like a mole as children move to the descriptive lyrics.

Moles are slow - they mope and they
mope,
 and they poke and they poke,
 down the slope to their hole;
the mole - hole...
The mole rolls over and touches its toe
Moles move so slow, ever so slow
The little mole can grow

What a **show** for a **mole** that's slow
to **grow** and **grow**
The **mole** holds a **pole**
climbs up the **pole** to **show, show,**
show that it copes with being slow
Moving ever **so slow**
it walks on it's **toes**
Then it kicks a **goal**
as it walks on it **toes**
The **mole** finds a **boat** and
holding an **oar**, it **rows** and **rows**
and **rows** to the opposite **shore...**
It starts to **snow** and gets very **cold**
so it puts on its **coat'** cause it is very
cold and **rows** and **rows** and **rows**
and **rows** and **rows** and **rows...**
It doesn't **slow** or **poke** as it goes to its
home in the **hole...**
The **mole** hole

TRACK # 6 - THE TUNE

A stretching song. Lie on a mat or stand up for slow static stretches. Verbal cues guide you through stretches.

A **tune** - a **tune**
Let's make a **tune**
We can **use** a **flute** to make a **tune**
With a **tune** we'll make **pure music**
A **tune** - a **tune**
Let's make a **tune**
A **tune** - a **tune**
Let's make a **tune**
We can **use** a **lute**
A **tuba** too.
With a **Ukulele** we'll make **music**
A **tune** - a **tune**
Let's make a **tune**
A **tune** - a **tune**

Let's make a **tune**
Let's make a **tune**

TRACK # 7 - IT'S TIME TO REVIEW - A.E.I.O.U

Long Vowels. Vowel sounds in review. Each letter has its own verse and own movement activity. Listen and demonstrate movement the first time through.

Long "A" sound Action: Dancing/Skating

It's time to **Shake Shake Shake**
Ready now to **make** an earthquake
Shake the **snake snake snake**
Shake the **snake** - It's **fake**

Repeat

Long "E" sound Action: Leap with one foot forward

It's time to **leap leap leap**
Up a hill that's **steep steep steep**
We'll **need** the **feet feet feet**
To **keep** the **beat** to the **peak**

Repeat

Long "I" sound Action: Move arms up and down as if flying
It's time to **fly fly fly**
Up in the **sky sky sky**
Don't ask me **why why why**
Just flap and **fly**

Repeat

Long "O" sound Action: Pretend to jump rope. Elbows in, hands out and

jump with two feet.

It's time to jump **rope rope**
Ready now I **hope hope hope**
Time to **go go go**
Jump High Jump Low

Repeat

Long "U" sound Action:
Kicking both feet up in the air like a
donkey

It's time to kick - like a **Mule**
With your feet - that's the **rule**
You look so **cute cute cute**
When you kick - like a **mule**

Repeat



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