

Be Fit For Life's Little Movers Playlist



be fit for life
moving alberta



1. I Can Do It!
Patty Shukla

2. The Walking Song
The Kiboomers

3. Stand Up, Sit Down
Patty Shukla

4. Bean Bag Bounce
Music for Moving

5. Jump
Patty Shukla

6. The Freeze Dance
Music for Little People Choir

7. Twist
Patty Shukla

8. Animal Rap
Music for Moving

9. S.T.O.P
Patty Shukla

10. Wave Your Hands Up High
Music for Moving



Using rhythmic activities, such as dance, with young children is a great way to help develop physical literacy in the early years.



Use this "BFFL Approved" playlist in your home or childcare setting to dance your way to confident and competent little movers!

For more resources to support the development of physical literacy in the early years visit: www.befitforlife.ca/resources

* All these songs are available for purchase on iTunes