

Jump Along Josie

Try this fast paced freeze dance with your class. Expand their movement vocabulary and give them opportunities to practice gross motor movements while keeping up with this energy packed song.

WHAT THEY LEARN

gross motor movement, tempo, listening to directions, musical cues, self control

WHAT YOU NEED

- [Recording of "Jump Along Josie"](#)

WHAT TO DO

- Begin the song with the children jumping along to the music.
- When the cue comes for children to stop, they will freeze and listen for the cue to begin moving again.
- During the final verse, children will sit back in their spots, ready to move on to the next activity.

LYRICS

Jump jump along jump along Josie,
Jump jump along jump along Jo.
Jump jump along jump along Josie,
Jump along with me and stop.

Clap clap along clap along Carly,
Clap clap along clap along Car.

Skip skip along skip along Scotty,
Skip skip along skip along Scott.

Additional Verses

Hop hop along hop along Harry,
Hop hop along hop along Har.

Sit sit along sit along Suzy,
Sit sit along sit along Sue.

Bend bend along bend along Barbara,
Bend bend along bend along Barb.

Run run along run along Ricky,
Run run along run along Rick.

