On the Farm

AGE/GRADE LEVEL: Youth, Grades K-3

FORMATION: Standing at desk, with room to move

EQUIPMENT: None; “Old McDonald Had a Farm” music optional

RULES/DIRECTIONS:
1. Teacher reviews the original Old McDonald song.
2. Teacher leads exercises using the Old McDonald song but with the new lyrics below; repeat each exercise continuously (about 20-30 seconds) through each verse of the song:

Verses
Old McDonald had a farm, E-I-E-I-O.
And on his farm he had a cow, E-I-E-I-O.
With a “cowabunga mooove” here and a “cowabunga mooove” there;
Here a “mooove” there a “mooove;”
everywhere a “mooove mooove.”
Old McDonald had a farm, E-I-E-I-O.

Old McDonald had a farm, E-I-E-I-O.
And on his farm he had a pig, E-I-E-I-O.
With a “piggsy doo” here and a “piggsy doo” there;
Here an oink there an oink;
everywhere an oink-oink.
(Repeat cow verse)
Old McDonald had a farm, E-I-E-I-O.

Old McDonald had a farm, E-I-E-I-O.
And on his farm he had a horse, E-I-E-I-O.
With a “Charlie horse” here and a “Charlie horse” there;
Here a neigh there a neigh;
everywhere a neigh-neigh.
(Repeat pig verse)
(Repeat cow verse)
Old MacDonald had a farm, E-I-E-I-O.

Actions
Cowabunga moooves: Lunge forward on left foot, then right foot; switch throughout verse. Can also step or scissor jump.

Piggsy doos: From a crab-sit position on the floor, bend elbows and push body up and down like reverse push-ups.

Charlie horse: Hands and feet on floor (in push-up position), kick feet up on each neigh. Lower energy alternate: Lift one foot toward ceiling with each neigh.
Repeat Piggsy doos (crab push-ups).
Repeat Cowabunga moooves (lunges).

VARIATION: See back for additional verses and actions.

NUTRITION NOTE: Discuss where food comes from and what the animals might eat to keep themselves healthy.
ADDITIONAL VERSES AND ACTIONS:

**Verses**

**Beginning and end of verses are the same as the other side**

And on his farm he had a chicken, E-I-E-I-O.
With a flap, flap here and a cluck, cluck there.
Here an flap there cluck;
Everywhere a flap-cluck.

And on his farm he had a rooster, E-I-E-I-O.
With a cock-a-doodle here and a cock-a-doodle there.
Here a cock-a-doodle there a cock-a-doodle;
Everywhere a cock-a-doodle.

And on his farm he had a sheep, E-I-E-I-O.
With a baa-baa here and a baa-baa there.
Here a baa there a baa;
Everywhere a baa-baa.

And on his farm he had a sheep, E-I-E-I-O.
With a bow-wow here and a bow-wow there.
Here a bow there a wow;
Everywhere a bow-wow.

And on his farm he had a duck, E-I-E-I-O.
With a quack-quack here and a quack-quack there.
Here a quack there a quack;
Everywhere a quack-quack.

**Actions**

Flap-cluck: Clasp hands behind neck, elbows out to side. Flap elbows back and forth on “flap;” twist left and right on “cluck.”

Cock-a-doodle doos: Arms straight out to sides at shoulder level; make circles with arms – large, small, fast and slow.

Sheep squatters: Stand, feet apart, hands on hips; bend at knees to squat on each “baa.”

Bow-wow dog crawl: Down on all fours (hands and knees or hands and feet); crawl forward and back with each “bow-wow.”

Jumping jacks: Arms up and feet out on “quack;” arms down and feet together on “quack.”