**Running Man Rex**

Grade Level: K-5

Duration: approx. 2 ½ min.

Location: students stand around perimeter of room or in open spot (“gathering place”)

Equipment: computer with speakers

1. Before doing this activity the first time, go over lyrics and motions with students

2. Pull up song on computer at <http://havefunteaching.com/songs/fitness-songs/running-man-rex-song/>

3. Instruct students to follow commands in song. Make sure speakers are loud enough for all students to hear.

**Running Man Rex Song Lyrics**

Clap your hands

They call me Running Man Rex ‘cause I run with the best

Don’t want to stop and rest, I put my body to the test

Quick are my feet and the beat of my heart

I have so much fun, I feel good when I run

Touch the ground

Stand up straight

Jumping Jacks

Run in place

Walk it out

Slide to the left

Slide to the right

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*Running Man Rex Song*. (2012, May 31). Retrieved from www.havefunteaching.com: http://havefunteaching.com/songs/fitness-songs/running-man-rex-song/