

The Active Flag Ditty – EDMONSTON NS

Verse 1

Eating fruit and veggies is good for you
Lots of exercising's important too
We want to win the Active Flag this year
So we must all be active and get in gear!

Chorus

Hopping, jumping, running, skipping, jogging on the spot
Games to play, some old, some new, the potato wow it's hot!
Gaelic football, rugby, soccer, tennis, athletics
High jump, long jump, javelin, now that should do the trick!

Verse 2

Mr. O'Dwyer is trying hard
Getting us to work out on the yard
Every day at bell time he leads the way
Ready, steady, move it, now don't delay!

Repeat Chorus

Verse 3

If we do our best to exercise
We might be very lucky and win the prize
So keep on exercising, day by day
And soon the Active Flag will be here to stay!