

STEP IT UP FOR SPORT RELIEF



Friday 18 March

Words and Music by Mark and Helen Johnson

1 Friday's come, let's have fun,
It's the nation's favourite sports day.
Tie your shoes, time to move,
Come on everyone!

2 Run a mile, dance with style,
It's the nation's favourite sports day.
Cycle, swim, do your thing,
Come on everyone!

We can make a difference if we join the fun and games!

Chorus

Kick to the left, back with a glide,
Come on everybody do a deep-sea dive!
Limbo forward, knees up high,
Do the hoola-hoola for the longest time!

(Repeat)

Do the hoola-hoola for the longest time!