

Switch It

For ages 7+



Ball keeps going same old way so switch it!

Round and round the same old way so switch it!

Switch it!... switch it!...

Everybody switch it!...

1, 2, 3, 4, 5, 6, 7, 8

Ball game:

You will need a small ball that you can pass from hand to hand.

The ball is simply passed from hand to hand going in front of your body then behind i.e.:

Pass ball from one hand to the other in front of your body.

Pass ball from that hand back to first hand behind your body.

However, when the words are *switch it* the ball is passed in the opposite direction.

At the end of the song first count to eight, then seven, then six etc until eventually you only count ONE!

If you are at home you can pass the ball around from person to person but don't forget to change direction on the words switch it!

BE CREATIVE:

Can you think of different actions for the song?

If you stand up and use a bouncing ball what actions could you create?

This song is taken from *Singing Games and Rhymes for Middle Years One*
