



Learn phonics with

Actiphons

Level 1

songbook



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swimming Sally

S

Circle your arms, everyone,
S-s-sit in the s-s-sun.
Swim like Sally, swim with me,
S-s-swim in the s-s-sea.

Swimming Sally's at the beach,
S-S-Sally falls a-s-s-sleep.
It's her favourite place, she likes it there,
S-s-stand with your arms in the air!

S-s-swim, s-s-swim,
Swimming Sally, swim, swim, swim.
S-s-swim, s-s-swim,
Swimming Sally, swim, swim, swim.

S-s-swim, s-s-swim,
Swimming Sally, swim, swim, swim.
S-s-swim, s-s-swim,
Swimming Sally, swim, swim, swim.



Adventure Annie

a

Adventure Annie!
A-A-A-A-Adventure A-A-A-A-Annie,
A-A-A-A, A-A-A-A, A-A-Adventure Annie.

Drop and roll on the ground,
Balance with one knee bent.
Roll away and then roll back,
Again, again, again!

A-A-A-A-Adventure A-A-A-A-Annie,
A-A-A-A, A-A-A-A, A-A-Adventure Annie.

Aim an arrow like Adventure Annie,
Pitch a tent and set up camp.
Look in the woods for animals,
An owl, a fox, an ant!

A-A-A-A-Adventure A-A-A-A-Annie,
A-A-A-A, A-A-A-A, A-A-Adventure Annie.



Timmy Tennis

t

T-T-Timmy T-T-Tennis,
Tip, tip, tap, tap, T-T-Timmy Tennis.

Hold a tennis racquet,
T-T-Turn it in your hand.
Swing it, tap it, one, two, three,
T-T-Twist it in your hand.

T-T-Timmy T-T-Tennis,
Tip, tip, tap, tap, T-T-Timmy Tennis.

Come and play with me!
T-t-turn from your t-t-tummy!
Let's go, let's go, one, two, three.
T-t-turn from your t-t-tummy!

T-T-Timmy T-T-Tennis,
Tip, tip, tap, tap, T-T-Timmy Tennis.



Parachute Pravin

p

P-P-Parachute P-P-P-Pravin,
P-P-Parachute P-P-P-Pravin.

Pat, pat, pat, pip, pip, pip,
Put your hands above your head!
Tap, tap, tap, tip, tip, tip,
Put your hands above your head!

P-P-Parachute P-P-P-Pravin,
P-P-Parachute P-P-P-Pravin.

Pat, pat, pat, pip, pip, pip,
Jump up in the air!
Tap, tap, tap, tip, tip, tip,
Jump up in the air!

P-P-Parachute P-P-P-Pravin,
P-P-Parachute P-P-P-Pravin.



Incredible Isabelle

i

Incredible Isabelle, she's invisible!
Zip and whip on the slippery ice.
Can you lean forward,
And balance on one leg,
Like Incredible Isabelle?

Stand still,
Like Isabelle,
Without wobble-wibbling!
Stand still,
It's Isabelle,
She can't stop giggle-giggling!

Isabelle spins on the tips of her toes.
Her ski-i-ill gives her a thri-i-ill.
Can you stand on one leg,
With your arms stretched out,
Like Incredible Isabelle?

Stand still,
Like Isabelle,
Without wobble-wibbling!
Stand still,
It's Isabelle,
She can't stop giggle-giggling!



Netball Nelly

n



Run for two steps and jump up.
Jump like Netball Nelly!
N-N-Netball N-N-Nelly,
Now Nelly can nap.

Now, now, now,
The ball goes in the n-n-net.
Run and jump,
How near can you get?

Run for two steps and jump up.
Jump like Netball Nelly!
N-N-Netball N-N-Nelly,
Now Nelly can nap.

Run for two steps and jump up.
Jump like Netball Nelly!
N-N-Netball N-N-Nelly,
Now Nelly can nap.

Follow your n-n-nose,
You can win the n-n-netball match.
Run and jump,
Pass and catch.

Milo Mover

m

M-M-M-M-Milo Mover,
Move to the music, move, move, move.
M-M-M-M-Milo Mover,
Stretch your arms out wide,
And spin on the spot!

Milo holds his arms out wide.
Milo spins round and round.
Arms out wide, round and round,
Go, go, Milo!

M-M-M-M-Milo Mover,
Move to the music, move, move, move.
M-M-M-M-Milo Mover,
Stretch your arms out wide,
And spin on the spot!

Milo, Milo, stands like a scarecrow.
Milo spins round and round.
Sing, sing, sing and spin, spin, spin,
Go, go, Milo!

M-M-M-M-Milo Mover,
Move to the music, move, move, move.
M-M-M-M-Milo Mover,
Stretch your arms out wide
And spin on the spot!



Dancing Daisy

d

D-D-Dancing Dancing Daisy,
Fast and slow!
D-D-Dancing Dancing Daisy,
Go, Daisy, go!

Shake your arms and legs like jelly,
Shake like D-D-Dancing Daisy!
Shake your arms and legs like jelly,
Shake like D-D-Dancing Daisy!

Do this arm, do that arm,
Fast and slow.
Now this leg, now that leg,
Go Daisy, go!

Shake your arms and legs like jelly,
Shake like D-D-Dancing Daisy!
Shake your arms and legs like jelly,
Shake like D-D-Dancing Daisy!

Shake your arms and legs like jelly,
Shake like D-D-Dancing Daisy,
Shake your arms and legs like jelly,
Shake like D-D-Dancing Daisy!



Gordon Golfer

g

Swing a golf club, swing a golf club,
G-G-Gordon Golfer.

Aim a golf club, hit a ball,
G-G-Gordon G-G-G-G-Golfer.

Gordon, Gordon, get your golf ball,
Get your golf club.

Gordon, Gordon, swing and hit,
Gordon Golfer.

Swing a golf club, swing a golf club,
G-G-Gordon Golfer.

Aim a golf club, hit a ball,
G-G-Gordon G-G-G-G-Golfer.

Great game, Gordon! The ball goes up,
High up in the air.

Go, go, Gordon! Swinging, flying,
Gordon Golfer.

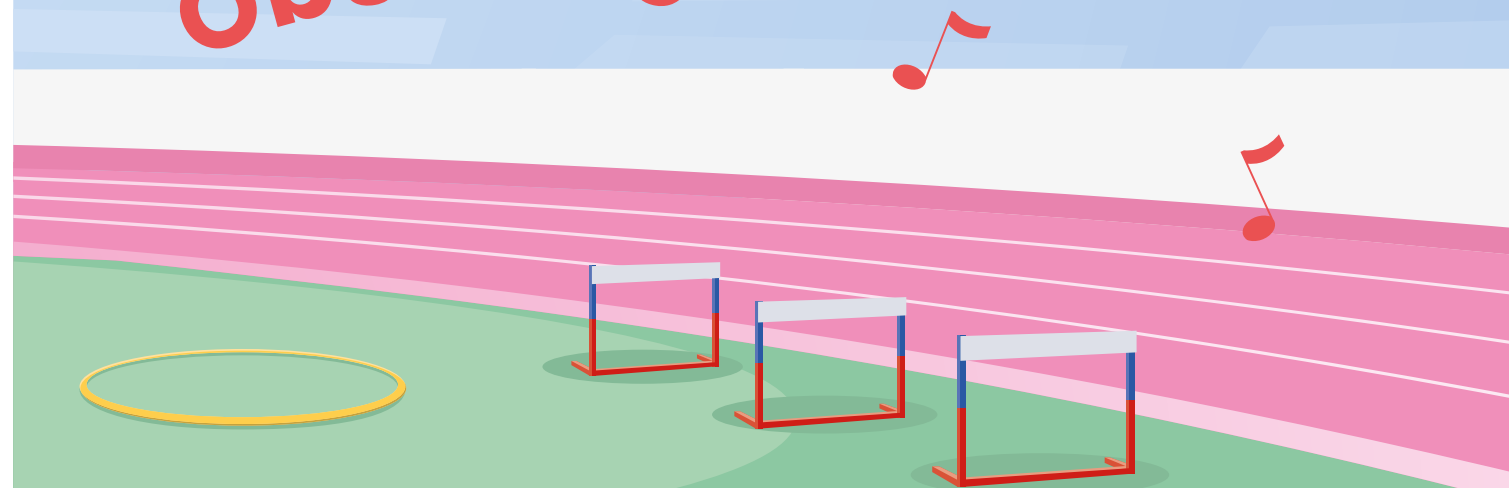
Swing a golf club, swing a golf club,
G-G-Gordon Golfer.

Aim a golf club, hit a ball,
G-G-Gordon G-G-G-G-Golfer!



Olly Obstacle

o

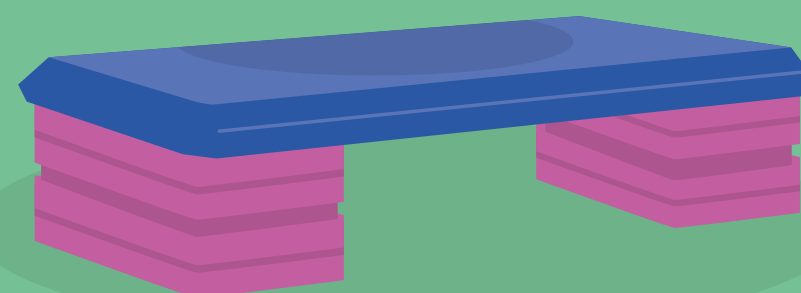


Jump on and off, obstacles, obstacles,
Olly Obstacle, hop, hop, hop!
Jump in and out, obstacles, obstacles,
Olly Obstacle, to the top!

O-O-Olly, over and under,
An egg, a spoon! Chop, chop, chop!
Jump up and down on the spot,
Drop, drop, drop!

Jump on and off, obstacles, obstacles,
Olly Obstacle, hop, hop, hop!
Jump in and out, obstacles, obstacles,
Olly Obstacle, to the top!

O-O-Olly, over and under,
Sack race, hopscotch! Chop, chop, chop!
Jump up and down on the spot,
Do not stop!



cricket Craig

c

Craig can go, he gets his cap.
Craig can run, he can tap his bat.

Craig can put on his c-c-cricket kit.
Craig can run and tap the wickets.

C-C-Cricket, Cricket Craig,
Run there and back like Cricket Craig,
One end of the room and back again,
One end of the room and back again.

C-C-Cricket, Cricket Craig,
Run there and back like Cricket Craig,
One end of the room and back again,
One end of the room and back again.



Karate Kim

k

Karate Kim, k-k-kick!
Pat and tap, dodge and dip.
Duck and dive, tip and nip.
Quick! Quick! K-k-kick!

Kim can kick in the air with a strong high kick,
One leg out to the side, she can do it!
Pop, pop, pop up on the mat,
One leg out to the side, Kim can do that!

Kim loves Karate, Kim's got the kit,
One leg out to the side, she can do it!
Stretch to warm up on the mat,
One leg out to the side, Kim can do that!

Karate Kim, k-k-kick!
Pat and tap, dodge and dip.
Duck and dive, tip and nip.
Quick! Quick! K-k-kick!

Karate Kim, k-k-kick!
Pat and tap, dodge and dip.
Duck and dive, tip and nip.
Quick! Quick! K-k-kick!



Racetrack Nick

ck

Run on the spot like Racetrack Nick.
Racetrack Nick is very quick!
Speed down the track like Nick-ck-ck.
Racetrack Nick is very quick!

Nick has got a trick,
Nick is quick.
Run, run, run, start off slow,
Forwards and backwards, go, go, go!

Run on the spot like Racetrack Nick.
Racetrack Nick is very quick!
Speed down the track like Racetrack Nick.
Racetrack Nick is very quick!

Nick has his rucksack,
It's on his back.
Run, run, run at a very fast pace,
Stay on the spot, stay in one place!

Run on the spot like Racetrack Nick.
Racetrack Nick is very quick!
Speed down the track like Racetrack Nick.
Racetrack Nick is very quick!



Energetic Erin

e



E-E-Energetic Erin!
E-E-Erin is energetic.
E-E-Energetic Erin!
Hop on one foot, then on the other.

E-E-Energetic Erin!
E-E-Erin is energetic.
E-E-Energetic Erin!
Hop on one foot, then on the other.

E-e-everybody,
Everybody hop!
Everybody hop on one foot,
Th-e-e-en the other one!

G-e-e-e-et up,
Then, then, then fall down.
Hop until the e-e-end of the song.
Up and down and round and round!

E-E-Energetic Erin!
E-E-Erin is energetic.
E-E-Energetic Erin!
Hop on one foot, then on the other.

Upside-down Ulla

u

Upside-down, Upside-down,
Upside-down Ulla!
Bend over and look through your legs,
U-U-U-U-Ulla!

Balancing upside-down on the rug,
Upside-down Ulla!
Stu-u-uck in the mu-u-ud,
Upside-down Ulla!

Upside-down, Upside-down,
Upside-down Ulla!
Bend over and look through your legs,
U-U-U-U-Ulla!

Tipped up like a cup, tipped right up,
Upside-down Ulla!
Wrong way up, with a crash and a thud,
Upside-down Ulla!

Upside-down, Upside-down,
Upside-down Ulla!
Bend over and look through your legs,
U-U-U-U-Ulla!



Rugby Robbie

r

Rugby Robbie likes running,
R-R-Rugby R-R-Robbie.
Throw the ball from one hand to the other,
R-R-Rugby R-R-Robbie.

Rugby Robbie likes to run,
R-R-Rugby R-R-Robbie.
Throw the ball from one hand to the other,
R-R-Rugby R-R-Robbie.

Running to the rocks with his r-r-rucksack,
Pass from left to r-r-right.
R-r-ready to play rugby,
Are you r-r-ready to play?

Ready to carry on r-r-running,
Robbie can r-r-run all night.
R-r-ready to play rugby,
Pass from left to r-r-right.

Rugby Robbie likes to run,
R-R-Rugby R-R-Robbie.
Throw the ball from one hand to the other,
R-R-Rugby R-R-Robbie.



Harry Hockey

h

Harry Hockey, Harry Hockey,
Stands with his legs apart, now lunge!
Happy, happy, with his hockey stick.
Harry can play hockey, he can hit.

H-H-Harry H-H-Hockey!
H-H-H-H, H-H-H!
H-H-Harry H-H-Hockey!
H-H-H-H, H-H-H!

Harry Hockey, Harry Hockey,
Hold the stick in your hands and run.
Aim, hit the ball, across the ground,
Go, Harry Hockey – score a goal!

H-H-Harry H-H-Hockey!
H-H-H-H, H-H-H!
H-H-Harry H-H-Hockey!
H-H-H-H, H-H-H!

Harry Hockey, Harry Hockey,
Head for the ball and hurry up.
How fast can he go, will he make it?
He is a hero, he can hit!



Billy Basketball

b



B-b-bounce the b-b-ball,
B-B-Billy Basketball.
B-b-bounce the b-b-ball,
B-B-Billy Basketball.

B-b-bounce the b-b-ball,
B-B-Billy Basketball.
B-b-bounce the b-b-ball,
B-B-Billy Basketball.

Catch the ball and give it a tap.
Bounce it, pass it b-b-back.
B-b-bouncing, lots of fun.
Bounce your ball in the sun.

Throw the ball and catch it.
Get the b-b-ball in the basket.
You can play with your friends.
B-b-bounce your ball again.

B-b-bounce the b-b-ball,
B-B-Billy Basketball.
B-b-bounce the b-b-ball,
B-B-Billy Basketball.

Freestyle Flora

f

Lift your knees, everyone,
Keep the ball up, it's f-f-fun!
Lift your knees, everyone,
Freestyle fun in the sun!

F-F-Freestyle F-F-Flora,
It's fun to score a goal.
F-F-Freestyle F-F-Flora,
Flora will not fail.

Lift your knees, everyone,
Keep the ball up, it's f-f-fun!
Lift your knees, everyone,
Freestyle fun in the sun!

F-F-Freestyle F-F-Flora,
It's fun to run and kick.
F-F-Freestyle F-F-Flora,
Flora has fast feet.

Lift your knees, everyone,
Keep the ball up, it's f-f-fun!
Lift your knees, everyone,
Freestyle fun,
Freestyle fun,
Freestyle fun in the sun!



Blast-off Raff

ff

Blast-off Raff, Blast-off Raff!
Off-ff-ff, Raff-ff-ff!
Blast-off Raff, Blast-off Raff!
Off-ff-ff, Raff-ff-ff!

Crouch down, stand up slowly,
Like sticky toffee.
Crouch down, stand up slowly,
Blast off with a puff, puff, puff!

Blast-off Raff, Blast-off Raff!
Off-ff-ff, Raff-ff-ff!
Blast-off Raff, Blast-off Raff!
Off-ff-ff, Raff-ff-ff!

Jump up high in the air,
You'll be flying in a jiffy.
Jump up high in the air,
Zooming up, he's off, off, off!

Blast-off Raff, Blast-off Raff!
Off-ff-ff, Raff-ff-ff!
Blast-off Raff, Blast-off Raff!
Off-ff-ff, Raff-ff-ff!



Leaping Livia



One leg in front, leap forward one step,
Leaping L-L-Livia.
L-L-Leaping L-L-Livia,
Leaping Livia!

Livia l-l-loves
Leaping over logs.
Leap, leap, leap, with all your pals.
Let's l-l-leap, move your l-l-legs.

One leg in front, leap forward one step,
Leaping L-L-Livia.
L-L-Leaping L-L-Livia,
Leaping Livia!

Livia l-l-loves
Leaping by the lake.
Leap, leap, leap, move your l-l-legs,
Leaping right, leaping left.

One leg in front, leap forward one step,
Leaping L-L-Livia.
L-L-Leaping L-L-Livia,
Leaping Livia!



Rolling Will



Hold your legs with your hands and roll,
Like Rolling Will, Rolling Will!

Sit with your legs, out to the sides,
Roll, roll, roll, on a rolling ride.
Hold out your legs, sit very still,
Then roll like Rolling Will!

Hold your legs with your hands and roll,
Like Rolling Will, Rolling Will!

Roll-ll-ll, like a woolly bear,
Head on the floor and feet in the air.
Roll round, roll well, like a windmill,
Just like Rolling Will!

Hold your legs with your hands and roll,
Like Rolling Will, Rolling Will!



Passing Bess

ss

Throw the ball into the net.
Higher than a tree.
Give it a toss-ss-ss, no fuss.
Pretend to throw the ball with me!

Throw the ball, Passing Bess-ss-ss,
Playing softball, toss it in the net.
Swing your arm in a circle through the air.
It goes a long way! From here to there!

Swing, swing, swing in a big, big circle.
Keeping very fit.
Give it a toss-ss-ss, no fuss,
Passing Bess did not miss!

Throw the ball, Passing Bess-ss-ss,
Playing softball, toss it in the net.
Swing your arm in a circle through the air.
It goes a long way! From here to there!

It goes a long, long way!

