

Learn phonics with

Actiphons

Level 2

songbook



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Jumping Javid

j



Jumping Javid,
J-j-jump!
Let's jump with Javid,
J-j-jump!

Javid jigs and Javid jogs,
Let's join in and j-j-jig!
Jumping Javid jumps for joy,
Let's j-j-jump with Javid.

Let's j-j-jog up the hill,
We reach the top, j-j-jump!
Jumping Javid jumps for joy,
Let's j-j-jump with Javid.

Jumping Javid,
J-j-jump!
Let's jump with Javid,
J-j-jump!

Jumping Javid,
J-j-jump!
Let's jump with Javid,
J-j-jump!

Violet Volleyball

v



Violet Volleyball v, v,
Vip, vap, vop – this is very fun.
Violet Volleyball v, v,
Vip, vap, vop – this is very fun!

Violet vows to hit the ball,
She hits it high and far.
It vanishes out of view,
Violet is a volleyball star!

Violet loves the volleyball,
She hits it all day long.
She views the net and reaches high,
Her aim is never wrong.

Violet Volleyball v, v,
Vip, vap, vop – this is very fun.
Violet Volleyball v, v,
Vip, vap, vop – this is very fun!

Walking Wendy



W

Walking Wendy, w, w.
Wendy walks and waves, can you?
Walking Wendy, w, w.
We'll walk and wave with Wendy!

Wendy walks out in the wood,
She walks and watches in the sun.
She loves the worms, cobwebs and weather.
Don't wobble, Wendy – walking's fun!

Walking Wendy, w, w.
Wendy walks and waves, can you?
Walking Wendy, w, w.
We'll walk and wave with Wendy!

Wendy wears her walking kit,
She walks beside the water.
Let's all walk like Walking Wendy.
Don't wobble, Wendy – wading's wetter!

Boxing Max



X

Boxing Max does lots of things,
He'll fix and mix and box.
Max knows all the boxing moves,
A jab, a hook, a cross!

Max likes to run,
Max likes to play,
He does it until six.
When he is done, he'll box the air,
Relax-x-x like Max!

Boxing Max does lots of things,
He'll fix and mix and box.
Max knows all the boxing moves,
A jab, a hook, a cross!

Yoga Yasmin

Y

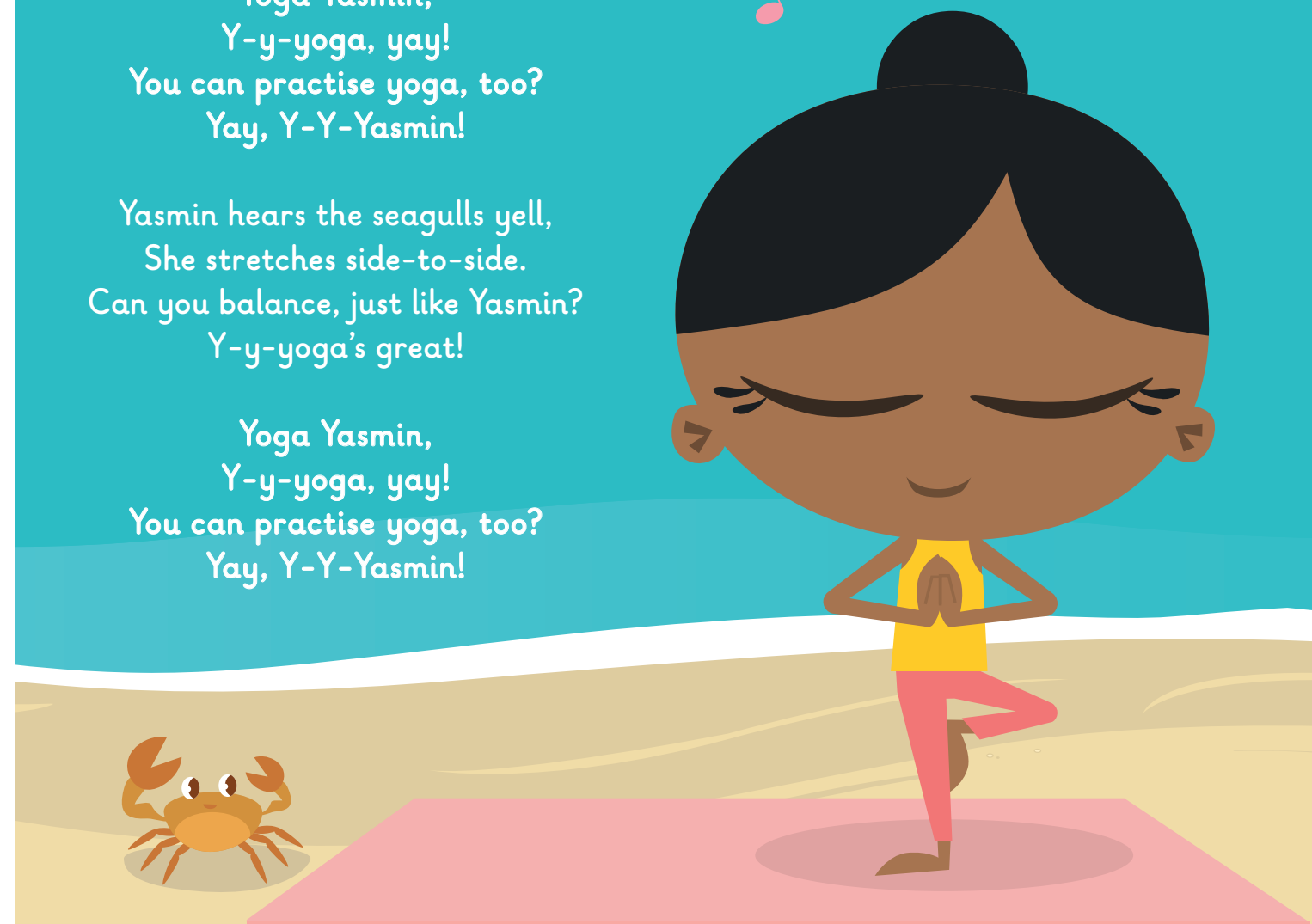
Yoga Yasmin,
Y-y-yoga, yay!
You can practise yoga, too?
Yay, Y-Y-Yasmin!

Yasmin loves the yellow sun,
She reaches to the sky.
Yasmin yawns and breathes the air,
Then bends to touch her toes.

Yoga Yasmin,
Y-y-yoga, yay!
You can practise yoga, too?
Yay, Y-Y-Yasmin!

Yasmin hears the seagulls yell,
She stretches side-to-side.
Can you balance, just like Yasmin?
Y-y-yoga's great!

Yoga Yasmin,
Y-y-yoga, yay!
You can practise yoga, too?
Yay, Y-Y-Yasmin!



zigzag Zara

Z

Zigzag Zara zips and zooms,
Zigzag, take cover!
Z-Z-Zara crawls down low,
Zigzag Z-Z-Zara!

Zigzag Zara wants to play,
She zips around so fast.
Z-z-zip and z-z-zoom,
Watch her zap right past!

Zigzag Zara zips and zooms,
Zigzag, take cover!
Z-Z-Zara crawls down low,
Zigzag Z-Z-Zara!

Zigzag Zara is in the zone,
She zooms around the room.
Z-z-zap and z-z-zip,
Then zig and zag and zoom!



Whizzing Fizz

ZZ

Let's go outside with Whizzing Fizz,
Whizz, whizz, run – come on, everyone!
Quick, move your feet! Turn on the spot!
Buzz in the sun and have some fun.

Let's spin around,
But don't get dizzy,
Fizz is quick, let's all get whizzy!
She rolls so fast her hair is frizzy,
Now Fizz is gone – where is she?

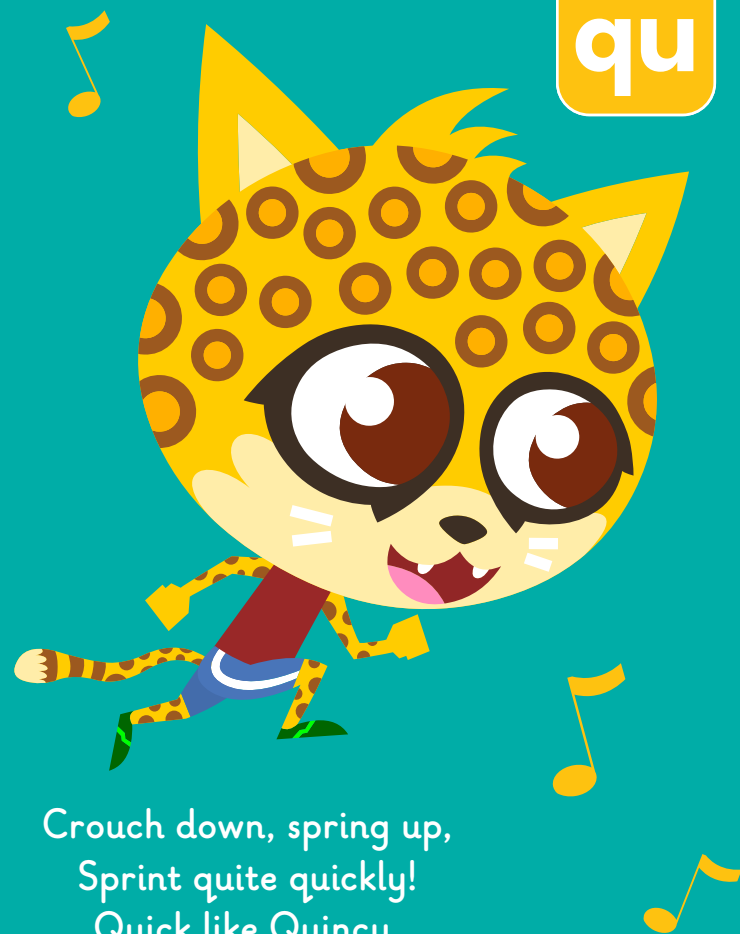
Fizz has left us with a puzzle,
We need to find her on the double!
Now here she comes,
With a buzz, buzz, buzz,
We need the speed that Fizz-zz-zz has!

Let's go outside with Whizzing Fizz,
Whizz, whizz, run – come on, everyone!
Quick, move your feet! Turn on the spot!
Buzz in the sun and have some fun.



Quincy Quick

qu



Quincy Quick can run and run,
He will not quit, he's on a quest.
Are you quick like Quincy Quick?
Quick, quick, Qu-Qu-Quincy!

Sit down, stand up,
Can you queue like Quincy?
Can you do a quiz,
As quickly as can be?

Quincy Quick can run and run,
He will not quit, he's on a quest.
Are you quick like Quincy Quick?
Quick, quick, Qu-Qu-Quincy!

Crouch down, spring up,
Sprint quite quickly!
Quick like Quincy,
As quickly as you can.

Chasing Chad

ch



Chasing Chad, ch-ch-chase,
Cheer and win the race.
Chasing Chad, ch-ch-chase,
Chad's a champion!

Chase it, Chad, really fast!
Run like a cheetah.

Run left, run right, charge straight past,
Left and right to win the race.

Chasing Chad, ch-ch-chase,
Cheer and win the race.
Chasing Chad, ch-ch-chase,
Chad's a champion!

Chase it, Chad, you've got a chance,
But chuckle, laugh and cheer.
Chat, have fun then check your time,
You're faster every year!

shot-put Sheena

sh



Shot-put Sheena sh-sh-shoots,
She can show us all.
Sheena knows that she's the one,
To shoot the shot and score!

Sheena shoots the shotput well,
Rain or hail or shine.
She shoots the shot into the shade,
She shouts, "Over the line!"

Shot-put Sheena sh-sh-shoots,
She can show us all.
Sheena knows that she's the one,
To shoot the shot and score!

She holds the shot against her shoulder,
She shoots it every day.
She stamps her feet and shifts her shoes,
Let's shoot the Sheena way!

Throwing Theo

th



Throwing Theo loves to throw.
He th-th-thinks, "I'll throw some things!"
Ready go – one, two, three!
Theo loves to throw.

Theo throws all kinds of things.
He thinks, "It will be great!"
His friends ask him a thousand times,
"Can you throw it straight?"

Throwing Theo loves to throw.
He th-th-thinks, "I'll throw some things!"
Ready go – one, two, three!
Theo loves to throw.

Theo finds a discus to throw.
He thinks, "I like this thing!
Not thin, not thick, this thing is great,
I'll throw it with a swing!"

Rhythmic Heather

th

Rhythmic Heather loves to dance,
Let's dance with Heath-th-th-er.
We'll feel the rhythm and clap along,
No matter what the weather.

Heather dances on the beach,
She needs the room to move.
Her hands and feet can move together,
It's Rhythmic Heather's groove!

Rhythmic Heather loves to dance,
Let's dance with Heath-th-th-er.
We'll feel the rhythm and clap along,
No matter what the weather.

Heather dances in the forest,
She's working up a sweat.
Come on, jump up – clap, dance and kick,
Let's all join in, get set!



cycling Ling

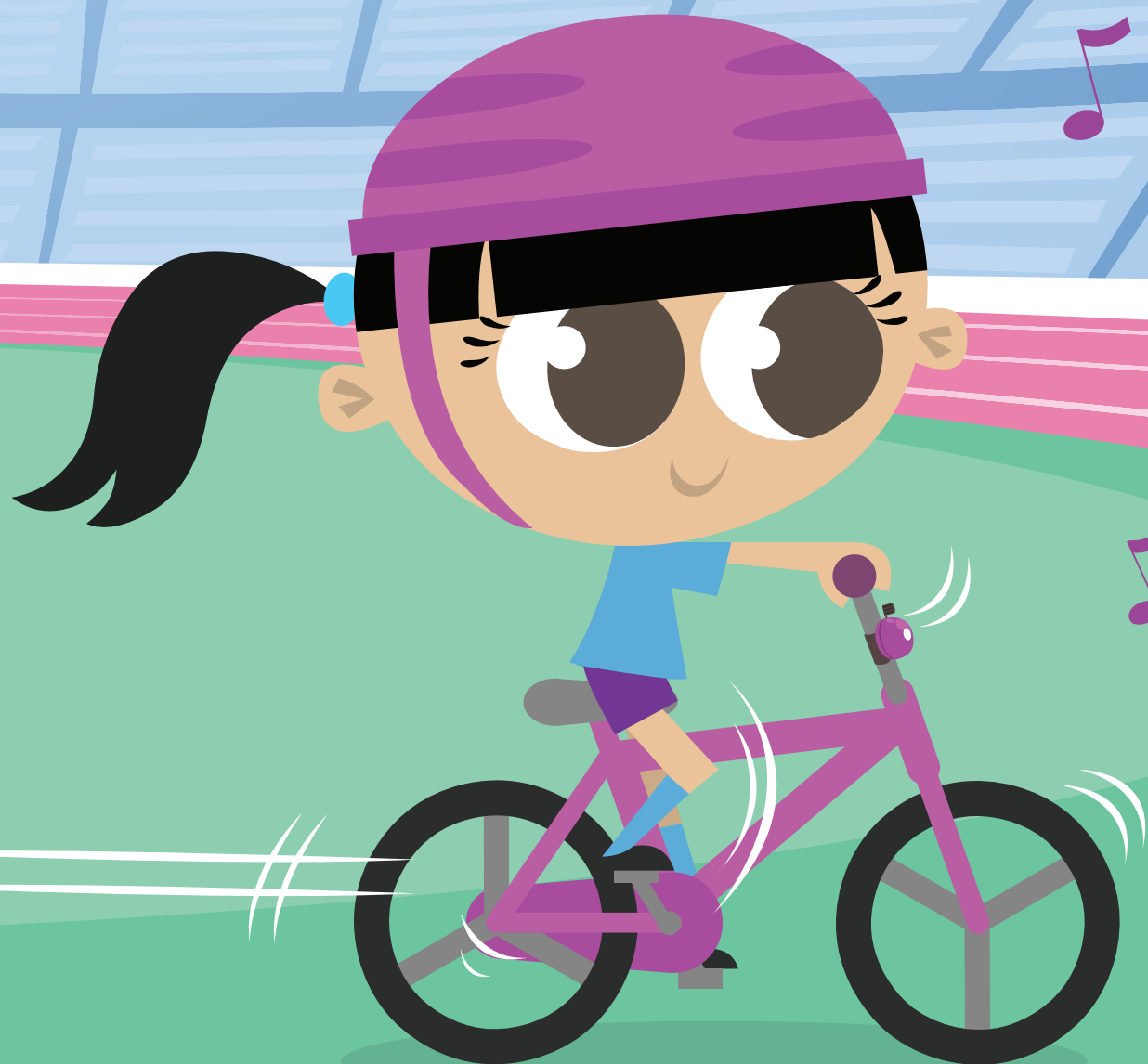
ng

Cycling Ling, she loves biking,
She does it all day long.
Cycling Ling likes pedalling,
Her cycling legs are strong.

Ling gets her bike and goes riding,
She's cycling-ng-ng.
She moves her feet and pedals fast,
Her wheels spinning-ng-ng.

Cycling Ling, she loves biking,
She does it all day long.
Cycling Ling likes pedalling,
Her cycling legs are strong.

Ling does lots of practising,
She rides in a ring-ng.
She pedals fast as she rides past,
Her bell goes ding-a-ling!



Aiming Aiden

ai

Aiming Aiden ai-ai-ai,
Ready, steady, ai-ai-aim!
Aiden aims well, even in rain,
Ready, steady, ai-ai-aim!

Aiden likes to gives his all,
He swings his arm and hits the ball.
Through the air goes Aiden's racquet,
His main aim is the game, that's all!

Aiming Aiden ai-ai-ai,
Ready, steady, ai-ai-aim!
Aiden aims well, even in rain,
Ready, steady, ai-ai-aim!

Aiden does a backhand swing,
The ball zooms fast – he will not fail.
All is well, but we have to wait,
His tail spin makes it really sail.



Speedy Faheem

ee

Speedy Faheem
Loves skateboarding.
Speedy Faheem,
Ee-ee-ee.
Speedy Faheem
Keeps speeding.
Bends his knees and jumps!

Speedy Faheem
Does clever tricks.
Speedy Faheem,
Ee-ee-ee.
Speedy Faheem's
Feet feel fab.
Bends his knees and jumps!

Speedy Faheem, ee-ee-ee.
Speedy Faheem, ee-ee-ee.
Speedy Faheem, ee-ee-ee.
Bends his knees and jumps!



High Dwight

igh

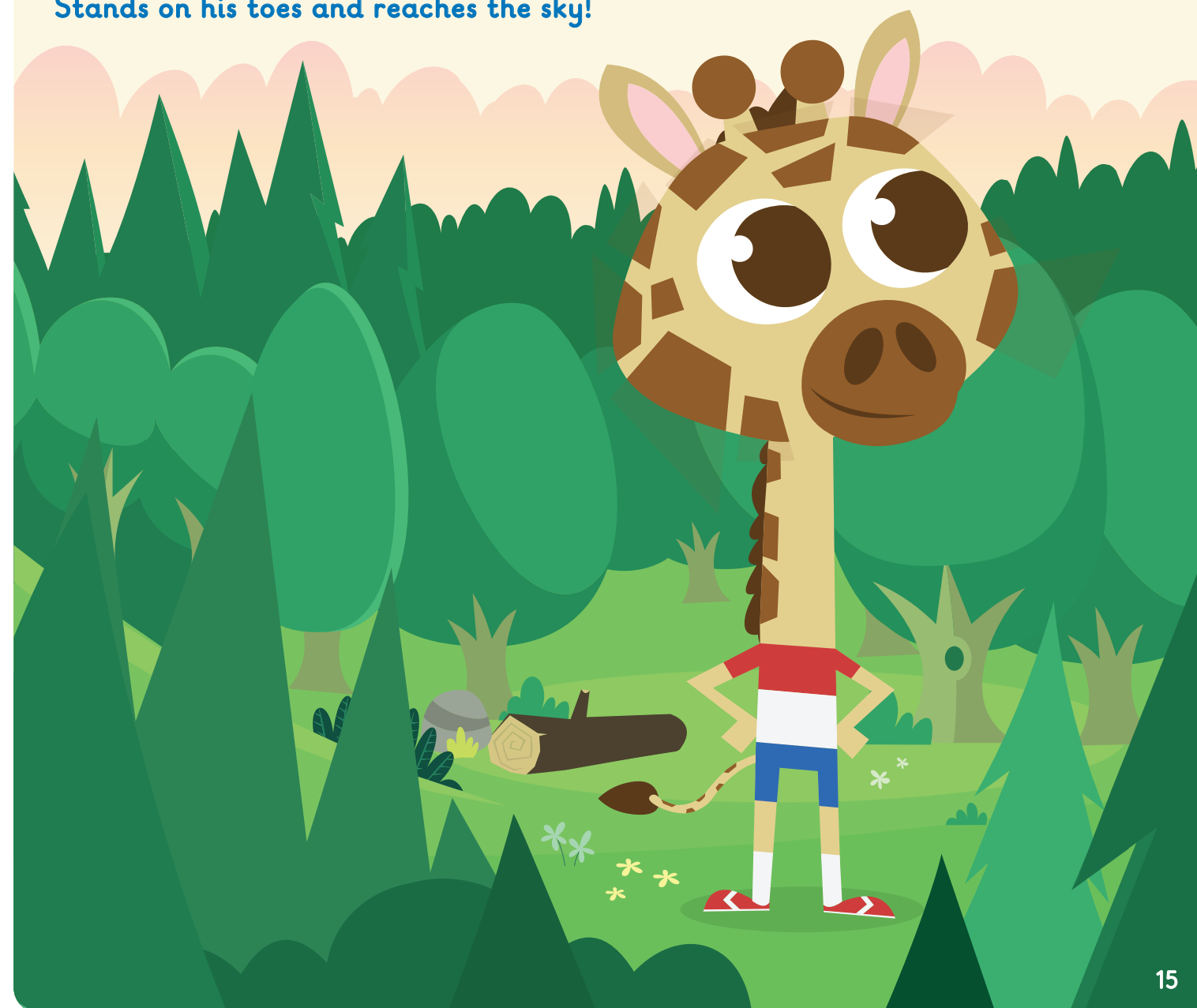
High Dwight, igh-igh-igh.
Stands on his toes and reaches the sky!

Jump up high,
High, High Dwight.
Can you reach the sky?
You might, might, might!

High Dwight, igh-igh-igh.
Stands on his toes and reaches the sky!

From up high
Dwight sees the sights.
Jump up right,
High, High Dwight!

High Dwight, igh-igh-igh.
Stands on his toes and reaches the sky!



Floating Coady

oa



Floating Coady, oa-oa-oa,
Hands together, here we go!

Floating Coady, oa-oa-oa,
Hit the ball upwards. Goal! Goal! Goal!

Coady, Coady,
Float, float, float.
Float like a boat,
Coady, Coady,
Let's float and get the goal.

Coady, Coady,
Float, float, float.
Float like a boat,
Coady, Coady,
Let's float and get the goal.

Zooming Farooq

oo



Zooming Farooq zooms really fast,
Up and down the forest paths.
A nice cool breeze and zooming boots,
He could zoom to the moon! What a hoot!

This is so cool, oo-oo,
Zoom with me, Farooq!
This is so cool, oo-oo,
Zoom with me, Farooq!

Zooming Farooq can scoot down slopes,
He goes zoo-oo-oo-ming most.
Keep on vrooming and zooming Farooq,
As you swoop, give a loud whoop!

This is so cool, oo-oo,
Zoom with me, Farooq!
This is so cool, oo-oo,
Zoom with me, Farooq!

Football Woody

oo



Football Woody,
Foo-oo-oot-ball!
Woo-oo-ody!
Football Woody,
Take a look,

This will be goo-oo-ood!
Jump in the air and kick the ball,
Look at it hook!
Check the rule book!
Jump in the air and kick the ball,
Score, score, score!

Football Woody,
Foo-oo-oot-ball!
Woo-oo-ody!
Football Woody,
Take a look,
This will be goo-oo-ood!

Archery Mark

ar



Can you shoot an arrow,
Like Archery Mark?
It's not too har-ar-ard,
With his strong-ar-arms,
He can hit
The target!

Mark shoots as far as he can,
Mark can shoot very fast!
Mark can fix the target to the bark, bark, bark,
Mark is an archery star!

Can you shoot an arrow,
Like Archery Mark?
It's not too har-ar-ard,
With his ar-ar-arms,
He can hit
The target!

Lorna Sport

or



Lorna Sport was born to do sport,
Lor-or-or-na, or-or-or.
Lorna Sport was born to do sport,
Let's touch our toes for Lorna!

Lorna Sport was born to do sport,
Lor-or-or-na, or-or-or.
Lorna Sport was born to do sport,
Let's touch our toes for Lorna!

Trampoline tricks,
A morning swim,
Helping her friends,
All sorts of things!

She's on top form,
Running in rings,
Ten short jumps
And weightlifting!

Lorna Sport was born to do sport,
Lor-or-or-na, or-or-or.
Lorna Sport was born to do sport,
Let's touch our toes for Lorna!

curling Curly

ur

Curling Curly ur-ur-ur,
He hurls the rock in a blur.
Curling Curly ur-ur-ur,
He hurls the rock in a blur.

One foot forward,
Arms by your sides,
Can you lunge like Curly?

Curling Curly ur-ur-ur,
He hurls the rock in a blur,
Curling Curly ur-ur-ur,
He hurls the rock in a blur.



Can you lunge?
Do you have the urge?
Curl like Curling Curly!

Powerful Howie

ow

Bend your arms up and down right now,
Ow-ow-ow, ow-ow-ow.
Bend your arms up and down right now,
Ow-ow-ow, let's show them how!

Powerful Howie,
Wow! Wow! Wow!
How are my arms?
They're very strong now.

Howie works out every day,
Now, now, Howie, take a bow.
Howie works out how to play,
He's so strong he could lift a cow!



Powerful Howie,
Wow! Wow! Wow!
How are my arms?
They're very strong now.

Avoiding Moira

oi

Av-oi-oi-oiding
Moi-oi-oira,
Dodge, dodge, dodge.
You can joi-oi-oin us, Moira!

Jump left,
Jump right,
Can you dodge
From side to side?

Av-oi-oi-oiding
Moi-oi-oira,
Dodge, dodge, dodge.
You can joi-oi-oin us, Moira!

Can you jump
Like a coil?
Can you point
And put a seed in the soil?

Av-oi-oi-oiding
Moi-oi-oira,
Dodge, dodge, dodge.
You can joi-oi-oin us, Moira!



Lear Disappear

ear



Lear Disappear, Lear Disappear,
I can hear you,
I can see an ear!
Ear-ear-ear,
Ear-ear-ear,
Crouch down low like Lear Disappear!

Squat down, squat down,
You can disappear.
Even when you're near
You'll be hard to see!

Lear Disappear, Lear Disappear,
I can hear you,
I can see an ear!
Ear-ear-ear,
Ear-ear-ear,
Crouch down low like Lear Disappear!

Clair Air

air



Stand on tiptoe and flap your arms.
Get up off your chair,
Feel the wind in your hair.
You can fly up high like Clair Air.

Clair, Clair
Air-air-air,
Flap your wings,
Up in the air!

Stand on tiptoe and flap your arms.
Do not despair,
The weather's bright and fair.
You can fly up high like Clair Air.

Clair, Clair
Air-air-air,
Flap your wings,
Up in the air!

sure Azure

ure



Sure-ure-ure,
Sure Azure!

Azure keeps everyone secure-ure-ure.

Put your hand up,
Shade your eyes from the light.
Can you find the way?
Look left, look right!

Sure-ure-ure,
Sure Azure!

Azure keeps everyone secure-ure-ure.

Look left, look right!
It's a very hot day,
But Sure Azure,
Can find the way!

Sure-ure-ure,
Sure Azure!

Azure keeps everyone secure-ure-ure.



Peter Runner

er



Quicker and quicker,
The wood is getting thicker.
Get set and run fast like Peter Runner!

Do the 'get set' pose,
Run on the spot.
Run even faster,
Get hotter and hotter!

Quicker and quicker,
The wood is getting thicker.
Get set and run fast like Peter Runner!

Run very fast,
Through the herbs and ferns.
Peter runs faster.
Can you run right after?

Quicker and quicker,
The wood is getting thicker.
Get set and run fast like Peter Runner!