



Educator guide: “Energy Extreme” song

Recommended for grades:

4th grade

Time:

3 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Activity description:

“Energy Extreme” is a fun, high energy song, written and performed by The Figureheads, that talks about making healthy choices throughout the day. It talks about the importance of a balanced diet and physical activity for a healthy body and mind. Playing the song could be a great way to start the day. It may be fun for each student to get a copy of the song lyrics to sing along and think about what the lyrics mean. They may even be inspired to write their own song!



“Energy Extreme” song lyrics

Chorus:

Welcome to the team, energy extreme
You and me making healthy choices is the dream
Up up and away healthy living everyday
It's time to make our move and catch the groove now. Watcha say, watcha say.
Yeah, are you ready for work? Are you ready to play? Watcha say, watcha say.
Yeah, get up and get out cuz it's a brand new day. Watcha say, watcha say.
Yeah, the choice is yours go head take it away. Watcha say, watcha say.
Here we go now! Hey, hey, hey

Verse 1:

I'm sitting down for breakfast
Feelin' a little restless
So I'm eatin' this banana then it's jumpin jacks and stretches
Some water to refresh us, then check and you will find
That you're already wide awake in your body and your mind

Chorus

Verse 2:

Yo. Let's do our work and then move around
Inside or out on the playground
Exercising getting' wise
Baked potatoes instead of french fries
A fresh apple instead of apple pie
Mac and cheese veggies on the side
Balancing my diet like I balance on a beam
Eatin' my greens, pastas, proteins
And, it's off to the races, energy extreme
Take your places, you're a part of the team
Take your places and put your heart in the dream
We're gonna shine bright like a laser beam (like a laser beam) [repeats 3x]

Chorus



Outro:

Yeah, yeah. If ya exercise well then your brain works better
Your lungs get stronger and you can run longer (let's go)
Let's make the connections everybody, c'mon, c'mon
body-mind-soul intersections (hey, hey)



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