

## Muscles

Text & Musik: trad.

Aus der CD: Sing and play- Hooray!

1. Skinny Alexander,  
Plays with his chest expander,  
And little Josephine  
Bounces on the trampoline.  
And when I'm in my P. E. class  
I leap and skip and run so fast  
That even Dad – it's plain to see –  
Gets tired out just watching me.

Chorus:

Muscles must be hard, kids,  
Shouldn't melt like lard, kids,  
Muscles must be really hard,  
Not made of lard,  
Not made of lard.

2. Shy and timid Ludo  
Practises his judo,  
Pale and weedy Marty  
Tries to do karate.  
And one thing makes me really laugh –  
Susan swimming in the bath.  
She dives down under for a while  
And comes up with a toothy smile.

3. The only sport for Dennis  
Is obviously tennis,  
While his younger sister Pat  
Can't sleep without a ping-pong bat.  
And every day at six o'clock  
Judy jogs around the block,  
So early in the morning  
When you and I are yawning.

4. My nextdoor neighbour Jane  
Plays football even in the rain.  
Whizzing down the road goes Mike  
On his rusty, squeaky trike.  
Cheeky Katy and her mates  
Rush around on roller skates,  
And even old Aunt Kitty  
Skates through the city.