

Fuel Up to Play 60 All-School Musical (Outline)

“Making Healthy Choices”

Hamilton Elementary School
Port Angeles, WA

ACT ONE: 1st, 2nd, 3rd grades

1. Introduction of Fuel Up to Play 60 program.
2. Song: “Healthy”
3. Song: “Good Habits”
4. Song: “Washington MILK”
5. Song: “Get Up, Get Up, Get Up” (with student athletes)
6. Song: “Exercise Tango”

TRANSITION

1. 6th grade strings students
2. Slide show of family photos (physical activity and eating healthy)

ACT TWO: 4th, 5th, 6th grades

1. Student guest speakers
2. Song: “Couch Potato”
3. Performance: “Jump” (jump routine with LED ropes and finger lights)
4. Song: “Burn More Than You Eat”
5. Song/Dance: “Move, Move, Move”
6. Song: “MyPlate” (with food group blobs)
7. Food Rock Medley:
 - Peach Boys “Good Nutrition”
 - Little Orchard “Tutti Frutti”
 - Celery Brothers “Vegetables Are Good For You”
 - The Dairy Family
 - Moo Moos “We’ve Got the Beef”
 - Refrigerator Police “Every Bite You Take”
8. Song: “I Can Live With That”

FINALE: “Happy” Entire school AND audience participation!