

## Appendix 5.5 Lean forward, lean backward

(for staff meetings, classrooms, assemblies to engage restless adults & students):

[\(67\) Lean Forward, Lean Backward - YouTube.](#)

[Link to musical score of traditional tune \(a version ABC Kids on Spotify, suitable F-2 students\)](#)

[Teacher example excerpt from song](#)

*Lean forward, lean backward to the left to the right*

*Stand up, sit down, to the left, to the right.*

*Lean forward, lean backward to the left to the right*

*Stand up, sit down, to the left, to the right.*

*With a stamp and a slap and a clap and a click*

*Now do it backwards and see if it sticks.*

*With a stamp and a slap and a clap and a click*

*Now do it backwards and see if it sticks.*

*With a spin to the right, and a twirl to the left*

*Turn to your partner and stamp, slap, clap, click.*

*With a spin to the right, and a twirl to the left*

*Turn to your partner and stamp, slap, clap, click.*