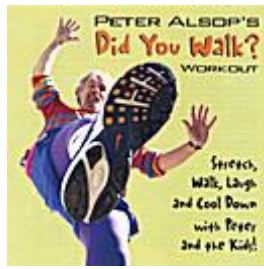


Mp3 Peter Alsop - Did You Walk?



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This is a great workout tape for grown-up and kids. Wonderful tracks for warm up walk cool down. 9 MP3 Songs KIDS/FAMILY: Kid Friendly, WORLD: African Details: STRETCH, WALK, LAUGH COOL DOWN WITH PETER'S WORKOUT MUSIC FOR KIDS FAMILIES! Great for PE teachers or family walks! Humor mixed with physical conditioning! The music makes you want to move, and the content is fun, creative, and will generate discussion. Includes: Stretch the Leader (Peter groans along as he agrees to let the kids lead the warmup) - Did You Walk (variety of catchy, foot-tappin' rhythms musical styles) - Did You Walk Two? (drums and percussion) - Giggles Samba (Peter the kids run into Mrs. McFrown!) - Affirmation Alphabet (kids yell a letter Peter says as many affirming positive words as he can) - Did You Walk Three? - After the Rain (gentle cool down piece with piano, cello viola) - The Prize (a wonderful poem about competition) - My Body Runs (hip-hop song about how amazing our bodies are)

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