

May the Force Be With You

(Adapted by Mr White, Science teacher at Spring Gardens Primary School and VU leaders Sofia Castro and Claire Tustin, from a South African song by Skura: 'Throw and Catch'. Mr White wanted a song to help him teach children the concept of 'forces', we then tied it in with the school's international week by adding some Portuguese words.)

English version

Push and pull, push and pull (children act out push and pull with their hands)
Push and pull and move along (move a step to the left in the circle)
Push and pull, push and pull
Push and pull and move along

Chorus

Na na na na na na na na (x 2)
Na na na na na na na na turn around
Na na na na na na na na (x 2)
Na na na na na na na na turn around

Stretch and squash, stretch and squash, (act this out)
Stretch and squash and change your shape (make a shape with your body)
Stretch and squash, stretch and squash,
Stretch and squash and change your shape

Chorus

Portuguese version

Push and pull, push and pull
Push and pull um passo lado
Push and pull, push and pull
Push and pull um passo lado

Chorus

Na na na na na na na na (x 2)
Na na na na na na na na girar
Na na na na na na na na (x 2)
Na na na na na na na na girar

Stretch and squash, stretch and squash,
Stretch and squash mudar de forma
Stretch and squash, stretch and squash,
Stretch and squash mudar de forma

Chorus