



Bouncing Bananas

by Millie Davis - aged 9

Bouncing bananas: there's something I haven't seen!

Do you think they are related to the runner bean?

Bouncing is good for you, so are bananas:

They are certainly a lot better for you than Pizza Americanas!

If you eat some pizza, you must burn it off,

But don't just think you can eat and scoff!

Shall I bounce with it in my tummy, do I dare?

Anyway, my favourite fruit is still a pear!



Healthy Lifestyle

by Bethany Draper - aged 11

Running around makes you fit:
You don't even need a jogging kit.
Hopping, skipping and jumping too,
Whilst feeding the animals in the zoo.
Exercising in the sun,
Simply just having fun.
Eating healthy everyday
Will help you get fit your own way.



My Annoying Thigh

by Eric White - aged 10

I find it hard to raise my head,
Making my way out of my bed.
I know it's time for my long winter's run:
We start at a sound of a really loud gun.
I stand at the start line with shivering knees,
And they're not starting to ease.
The gun starts to rise towards the sky;
I cry out in pain, because I pulled a muscle in my thigh.



My Mum

by Victoria Brumley - aged 9

My mum likes to dance,
My mum likes to prance!
We skip together,
Whatever the weather!
Come rain or shine,
We move in time.
We dance to the beat
With flip flops on our feet!



From Flab

by Ruby Bennison - aged 10

Gymnastics, bouncing, athletics too:
These are all fun things to do.
Step by step, I run like the wind,
Leaps and bounds, I seem to be pinned.
From flab to fab, I feel the burn
As I hop, skip, jump, and add a turn.
I commit to be fit and run, which makes me ache,
But I think writing this poem was a grand undertake.

Bikes

by Bethan Jellett - aged 8

Two wheels on a bike,
Three wheels on a trike;
Round and round they never stop,
Children peddling until they plop!
I love riding on my bike
On a mountain hike.
In the sun, rain or snow,
Happily on my bike I go!



Fly V. Veg

by Emma Hutchison - aged 10

I cycle every morning, I cycle every night,
Once, I gave myself a fright!
I swallowed a fly, it tasted disgusting!
It flew round my mouth, still buzzing!
It made me feel sick,
So now I prefer a vegetable stick.
When I cycle, I now keep my mouth shut,
So I don't end up with a fly in my gut!

Exciting Bikes

by Ella Jellett - aged 6

Exciting bikes all over the place,
I hope they remember to tie their lace.
Pedals going round and round,
I hope they don't hit the ground.
They go up the hill and round the bend;
If they fall, their race will come to an end.
My favourite thing is the view,
If you have a go, you will see it too.



Cycling in the Classroom

by Sebastian Fowler - aged 7

I was dreaming of cycling up a mountain;
At the top, I saw a fountain!
The mountain was small,
Actually, not very tall.
In fact, it was a hill
And, at the bottom, an old mill.
I made a wish: to be a champion cyclist!
Then I woke up and class was dismissed.



Exercise

by Emma Selley - aged 9

Exercise is fun and cool:
You can exercise in the pool!
In the park you can run:
Take your dog, it will be fun!
If you run every day,
You will have time to play.
Exercise is so much fun:
Do it with everyone!



The Little Lad Named Chuckie

by Emma Sutherland - aged 10

There was once a little lad, just like you,
All the food he ate was bad - wait a minute, who?
The little lad was called Chuckie:
All he ate was liquorice - YUCKY!
He spent all his time watching TV
On the couch, being lazy.
He really needed to get up and run,
So make sure you get out to see the sun!

