



Recess Rocks Theme Song

VOCAL:

Sometimes in the morning I feel a bit low.
I don't want to get up. I don't want to go, no no no. Noooo!
Then I get a good meal like the athletes do.
My feet get going and I'm on my way to school-oooo!
And then it's one foot in front of the other.
We're on the go, ready to show, everybody everything
that we know.
Oh you know we can learn together.
When it's time, to unwind, there's only one question on mind.

CHORUS:

Are you ready to rock, rock, rock?
Are you ready to rollllll?
Are you ready to hop, hop, stop?
Spin around now, take it to the ground now, 5-4-3-2-1 goooo!
Recess rocks, from the top of your head down to your socks.
Just like a clock tick-tocks and an elephant weighs a lot.
You know, you know. Recess rocks!

RAP:

Everybody stand up, stretch up to the sky or the ceiling.
Clap if you're feeling it. Clap two times if you're feeling it.
Clap two times if you're feeling it.
Now move your hands from side to side, like a low high-five
to your neighbor.
Now clap if you're feeling it. Clap two times if you're feeling it.
Everybody move your right hand to your left toe.
Here we go, left hand to your right shoe.
Now do it double time. Right to the left, left to the right.
You're doin' all right.
Let's go low to high. Toe to sky. Across the eye, disco style.
Now do it again just like I told ya, everybody looking
just like Travolta.
Everybody turn yourself around. Everybody jump off the
ground.
And now sit down in an invisible chair and then jump back
into the air.
Invisible chair, invisible chair and now jump back into the air.
Invisible chair, invisible chair and now jump back into the air.
And when I say recess, you say rocks. Recess rocks!
Recess rocks!
When I say recess you say rocks. Recess rocks! Recess rocks!
When I say recess you say rocks. Recess rocks!

CHORUS:

Are you ready to rock, rock, rock?
Are you ready to rollllll?
Are you ready to hop, hop, stop?
Spin around now, take it to the ground now, 5-4-3-2-1 goooo!
Recess rocks, from the top of your head down to your socks.
Just like a clock tick-tocks and an elephant weighs a lot.
You know you know, recess rocks!

BRIDGE:

Math and science, reading and writing.
So much, so much, so much to know.
Tests and quizzes and homework.
So much, so much, so much to show.
Sometimes the day can feel a bit slow and I want to get up
and go!

CHORUS:

Let's rock, rock, rock.
Come on let's rollllll.
Come on let's hop, hop, stop.
Spin around now, take it to the ground now, 5-4-3-2-1 goooo!
Recess rocks, just like a knock-knock joke knock-knocks.
Does it taste like a pickle?
Does it smell like your socks?
Does it bawk like a chicken?
Recess, recess rocks.
Recess, recess rocks.
Recess, recess rocks!