



## Get Up and Go!

(Composed with Kings Meadow PS)

### CHORUS

Get up, get out, get off your bed  
Get off the phone and use your head  
Don't be lazy, makes us crazy  
Turn that TV off.  
Get up, get out, get off your couch  
Put on your shoes, get out of your house  
Don't need sleep, just move your feet and  
Go, Go, Go, get up and go!  
Get up and Go!  
Get up and Go!

You stuff your face with sweets and crisps,  
And no real food goes through your lips  
You got no friends, you're on your own  
Cos all you do is play on your phone

Get wise and listen when we say  
It's time to make a little change

### REPEAT CHORUS

The TV's on, you're occupied  
Your eyes are square and so's your mind  
You're always tired, you grouch and grump,  
You never move, you lazy lump

Get wise and listen when we say  
It's time to make a little change

### REPEAT CHORUS