

On the run

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It's the Olympics and later the Paralympics, time to watch outstanding sporting achievements by those gifted in a particular sport. Many of us, whatever our abilities will also have a good try and benefit enormously from our sporting endeavours. It is also thoughtful to encourage those who need a nudge to make the most of their capabilities too.

Words and music by Dany Rosevear.

Children run in and of each other without touching then choose different sports to mime for others to copy.

The musical score is written on three staves in 2/4 time. The first staff has a key signature of one flat (Bb) and a common time signature (C). The lyrics are: 'Here I come, on the run, No - one can catch me! Ev - 'ry - one can see!'. The second staff continues the melody with lyrics: 'Wind in my hair, not one care, I am wild and free.' The third staff is a second ending with lyrics: 'Ride a bike, do what you like And come a - long with me.' The score includes various musical notations such as notes, rests, and bar lines.

Here I come, on the run,
No-one can catch me!
Wind in my hair, not one care,
I am wild and free.

Here I come, on the run,
Ev'ry-one can see!
Ride a bike, do what you like
And come along with me.

