A poem (possibly a marching song)

Hey, sun! splash brighter!
Burn us with your golden rays!
Hey, comrade! More life!
Keep up,
  do not delay others, march!
In order that the body and soul be young, be young, be young,
  Do not be afraid of either heat or cold,
Temper yourself like steel!
Physical culture, physical culture, be ready,
When times come to strike the enemy,
Fight them off from all frontiers,
Left side, right side, look sharp!