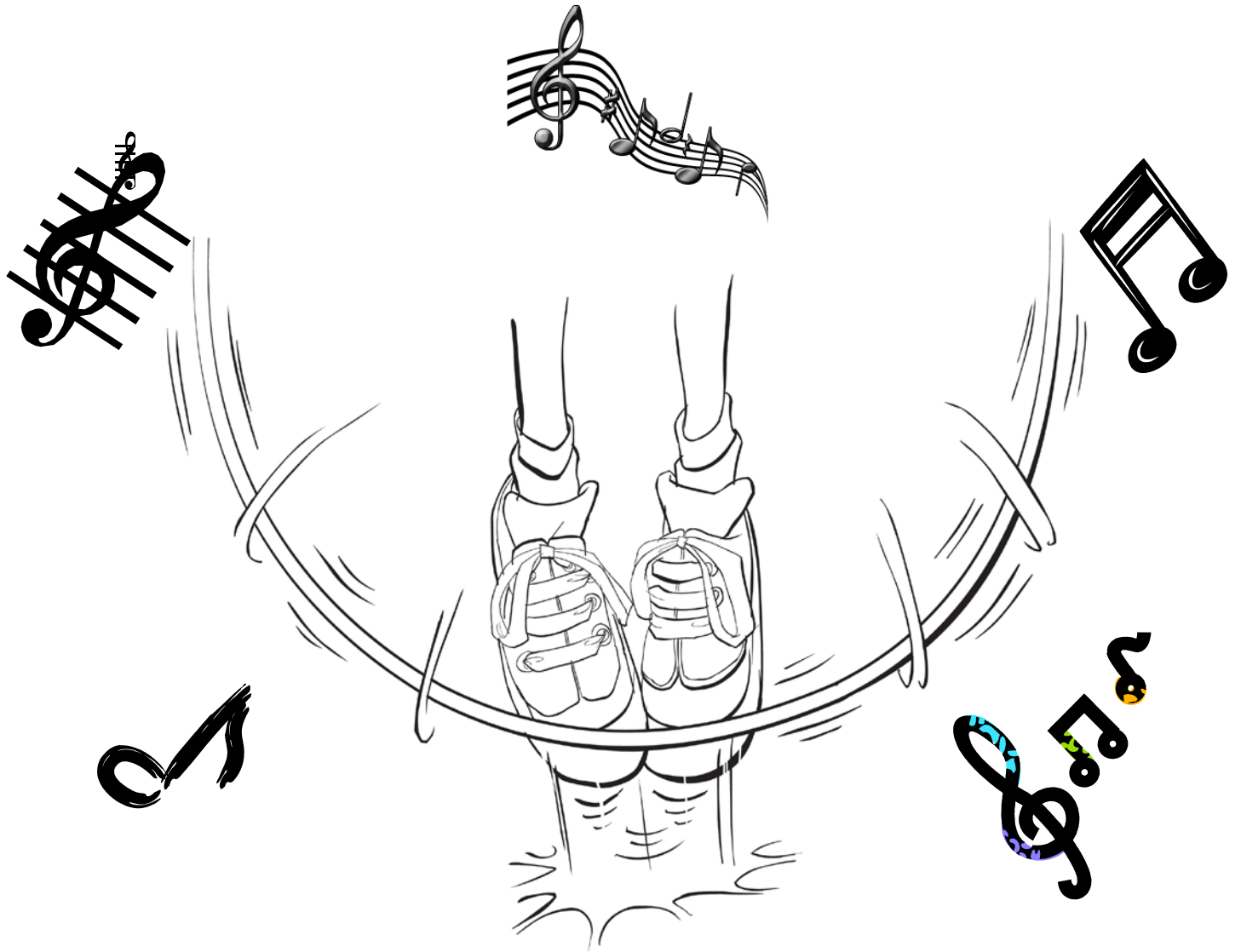



# Active Schools


## **SKIPPING RHYMES**





**Skipping Challenge 2012/13**

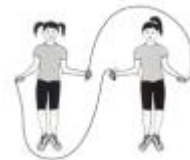
 I am a little Dutch girl dressed in blue.  
Here are the things I like to do:  
Salute to the captain, bow to the queen  
Turn my back on the submarine.  
I can do the tap dance, I can do the split.  
I can do the holka polka just like this.



 Spanish dancer do the splits, splits, splits.  
Spanish dancer do the kicks, kicks, kicks.  
Spanish dancer turn around, 'round, 'round.  
Spanish dancer jump up and down, down, down.  
Spanish dancer get out of town. (run out)

 Teddy bear, teddy bear, turn around  
Teddy bear, teddy bear, touch the ground.  
Teddy bear, teddy bear, show your shoe.  
Teddy bear, teddy bear, that will do.  
Teddy bear, teddy bear, go upstairs  
Teddy bear, teddy bear, say your prayers  
Teddy bear, teddy bear, turn out the light  
Teddy bear, teddy bear, say goodnight.

 Benjamin Franklin went to France  
To teach the ladies how to dance.  
First the heel, then the toe,  
Spin around and out you go!



🎨 Jelly in the bowl, jelly in the bowl.  
Wiggle, waggle, wiggle, waggle,  
Jelly in the bowl.

🎨 Two little sausages frying in the pan.  
(two people skip together)  
One went POP and the other went BANG!  
(one jumps out one side, the other player on the  
other side)

🎨 One two buckle your shoe  
Three four shut the door  
Five six pick up sticks  
Seven eight lay them straight  
Nine ten this is the end.



(an adaptation of a bouncing ball chant)

🎨 One one eat a plum  
Two two touch your shoe  
Three three bend your knee  
Four four touch the floor  
Five five reach for the sky  
Six six pick up sticks  
Seven seven pray to heaven  
Eight eight slam the gate  
Nine nine you're doing fine  
Ten ten this is the end

🌈 Little Orphan Annie hops on one foot.  
Little Orphan Annie hops on two feet.  
Little Orphan Annie hops on three feet.  
(bend down and touch the floor)  
Little Orphan Annie hops on four feet.  
(touch floor with both hands)  
Little Orphan Annie hops out!

🌈 Sheep in the meadow, cows in the corn.  
Jump in on the month that you were born.  
January - February - March - - - -



🌈 I like coffee, I like tea,  
I like (person's name) to jump with me.  
(That person joins the first person so that two are  
now jumping. )  
One, two, three, change places, seven, eight, nine,  
change places, etc.  
(until the pair missed. The two change from right to  
left each time they said "change places" and all  
would keep track of who got the highest number  
before missing.)

🌈 **Two little dickie birds sittin' on the wall**  
**(the two players jump in)**  
**One named Peter, one named Paul**  
**(each player waves at their name)**  
**Fly away, Peter, fly away, Paul**  
**(the player exits the rope as name is called)**  
**Don't you come back 'till your birthday's called**  
**January, February - - -December**  
**(player returns when their month is called)**  
**Now fly away, fly away, fly away all**  
**(players both exit the rope)**



🌈 **Mickey Mickey Mouse**  
**In the Haunted House**  
**In came a Bogeyman**  
**And pushed Mickey out!**

🌈 **I'm a girl guide, dressed in blue,**  
**These are the actions I can do:**  
**Salute to the captain,**  
**Bow to the Queen,**  
**Turn right round**  
**And count sixteen.**  
**1, 2, 3, 4, 5, .....**

**The rhyme starts with the rope being swung back and forth, not over**

**🌈 Blue bells, cockle shells, Easy ivy over**

**Swing rope over head on over and continue in normal rope swing.**

**Oh no, here comes Miss Blackwell  
with her big black stick  
Now its time for arithmetic**

**One plus one is?  
(jumper responds) Two**

**Two plus two is?  
(jumper responds) Four**

**Four plus four is?  
(jumper responds) Eight**

**Eight plus eight is?  
(jumper responds) Sixteen**


**Now its time for spelling  
Spell cat.  
(jumper responds) C-A-T**

**Spell dog.  
(jumper responds) D-O-G**


**Spell hot.  
(jumper responds) H-O-T**

**When the jumper finishes spelling H-O-T swing the rope as fast as possible till they mess up.**




 **Not last night but the night before.  
Twenty-four robbers came knocking at my door,  
They called me out for the world to see,  
And this is what they said to me:**

**"Spanish dancer turn around,  
Spanish dancer touch the ground,  
Spanish dancer do the kicks,  
Spanish dancer do the splits."**

 **Had a little bumper car, number 48, went around the  
corner  
(skipper jumps out and runs around the twirler and  
run back in the rope. Keep saying 'corner' until the  
skipper jumps back in)  
and slams on the brakes.  
Policeman came and put me in jail.  
How many days did he put me in jail? (count until  
the player messes up)**



 **Sausage in the pan, sausage in the pan  
Turn around, turn around  
Sausage in the pan**

**Space to create your own rhymes**