

# Skipping games and rhymes

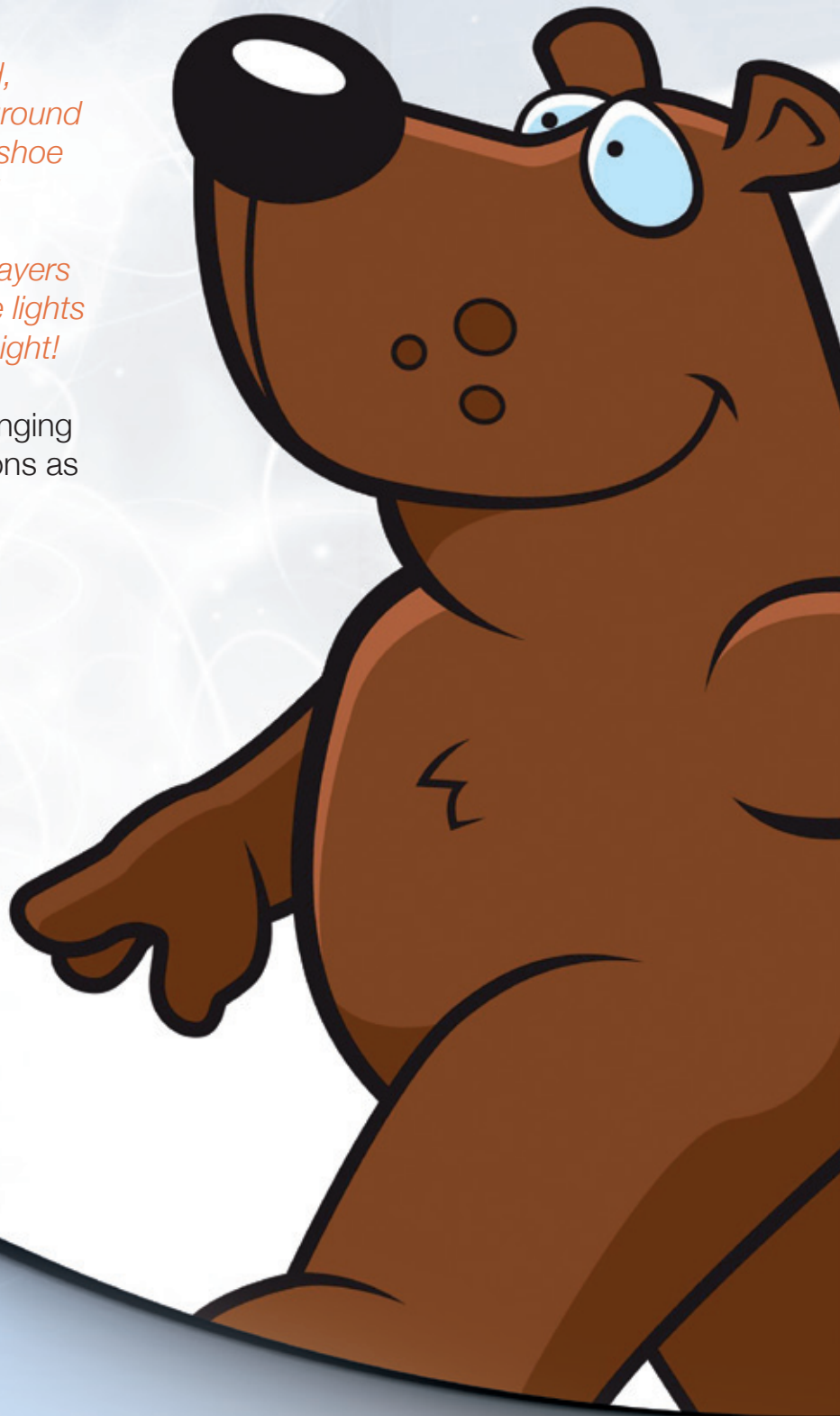
## Teddy Bear

*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 lights  
Teddy Bear, Teddy Bear, say good-night!*

The skipper jumps the rope whilst singing this rhyme, he/she acts out the actions as the words come up in the rhyme.

## Can Can

Jump on your left foot while raising your right knee. Then do a two-foot jump. Jump on your left foot again while kicking your right foot. Then do a two-foot jump. Repeat with the other leg.



## Double Dutch games and rhymes

Two ropes in an eggbeater motion around one or more jumpers.

### Birthdays

All in together girls  
Never mind the weather girls  
When I call your birthday  
You must jump in.  
January, February  
March, April, May, June,  
July, August, September,  
October, November, December  
Join in when your birthday is called, if you manage  
this without messing up, you can jump out on the  
second round – and repeat till it goes wrong!

### Sausages

Sausage in a pan,  
Sausage in a pan,  
Turn 'em 'over, turn 'em 'over,  
(you have to turn to face the other direction,  
then back again)  
Sausage in a pan

## French Elastic or French Skipping

You play this game with a really long piece of elastic, about 2cm wide and 3 metres in length. Tie the ends of the elastic together to make a loop.

Two children stand inside the loop so they are stretching it relatively taut around their ankles. A third person performs a series of hops and jumps, chanting appropriate rhymes. When finished, the height of the elastic is raised to knees, then thighs, then waist.

Start with left foot inside the elastic loop and right foot just outside. Jump over to the other side so right foot is inside the loop and left foot is outside.

### Here is one of the rhymes:

*'Chocolate cake, when you bake,  
How many minutes will you take?  
One, two, three, four.'*

On **ONE**: jump up and land with left foot outside the elastic loop and your right foot inside.

On **TWO**: jump up and land with both feet together inside the elastic loop.

On **THREE**: jump up and land with both feet outside the elastic loop.

On **Four**: jump up and land sideways to the elastic, with your left foot on top of the back elastic and your right foot ahead (in front) of the front elastic.

If the current player fails to execute the correct jump their turn is over and play passes to one of the people inside the circle of elastic, who then tries to outdo the previous player.

Here are more of the rhymes:

*'England, Ireland, Scotland, Wales  
Inside, outside, inside, on!'*