

SKIPPING:
Teddy bear, teddy bear



Teddy bear, teddy bear, turn around (*jump and face the other way*)
Teddy bear, teddy bear, touch the ground (*touch the ground*)
Teddy bear, teddy bear, do the splits (*jump in the air with legs apart*)
Teddy bear, teddy bear, count to six
1,2,3,4,5,6 (*after 6 run out of the rope*)



SKIPPING:
Early in the morning



Early in the morning, about eight o'clock,
What should I hear but the postman's knock.
Up jumps _____ to open the door,
How many letters did s/he find on the floor?
1,2,3,4.....
(*How many can you get to?*)



SKIPPING: Chocolate cake



Chocolate cake, when you bake,
How many minutes will you take?

One, two, three, four.....

(How many can you get to?)



SKIPPING: Calling in, calling out



Calling in, calling out,
_____ runs in when I run out!



SKIPPING: Coffee and tea



I like coffee, I like tea,
I like to come in with me.

2 children then jump together with the 2nd person saying the rhyme.
When the rhyme is done, the first person jumps out and the new
person jumps in.



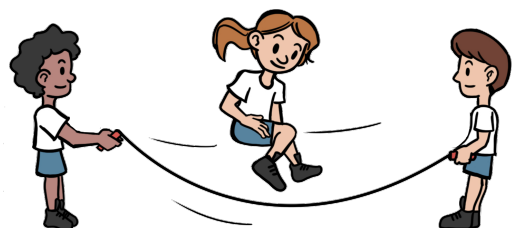
SKIPPING: All in together



All in together kids, it's fine weather kids,
When is your birthday, please jump in:
January, February, March, April.....

Once all children are in:

All in together kids, it's fine weather kids,
When is your birthday, please jump out:
1, 2, 3, 4, 5, 6, 7, 8.....



SKIPPING: Back to back



Two children in the rope together:

Back to back (children jump back to back)

Face to face (children jump face to face)

Shake your partner's hand (shake hands)

And change place! (switch places in the rope with your partner)



SKIPPING: Peel a banana



Peel a banana upside down,
See if you can touch the ground (try to touch the ground)

Peel a banana upside down,
See if you can turn around, (turn around in the rope)

Peel a banana and do the splits, (do a star jump)

Peel a banana and switch after six
(switch places with someone after six jumps)

