

POCKET Long Rope SKIPPING Games

volume 1

Jenny Mosley

including:

Sausages in the Pan

Teddy Bear, Teddy Bear

Hey D.J

**Ready, Spaghetti
and more!**



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Telephone: 01225 719204
Fax: 01225 712187
E-mail: positivepress@jennymosley.co.uk
Website: www.circle-time.co.uk

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Introduction

Skipping is a sociable activity that encourages cooperation, trust, turn-taking and following rules. Whilst it promotes team building in an enjoyable way, skipping also has health benefits: improving cardio-respiratory fitness, flexibility and coordination. The complexity of jumping rope whilst performing other actions, requires input from both sides of the brain, thereby stimulating whole brain functioning.

The long rope skipping games in this booklet cater for all levels of skipper, beginning with simply jumping over a swaying rope, to those involving complex movements whilst skipping. Many of the activities in this booklet contain easy to learn verses that drive the skipping with their repetitive rhythms and catchy rhymes that the children will love to chant.

These long rope skipping games will enhance playground experiences for the children involved, creating fun and enjoyment for all.





Bluebells, Cockle Shells

This is an easy game for beginners.

1. Two players grasp either end of the long rope and gently swing it to and fro (without completing a full turn).

2. As they swing the rope, they chant:

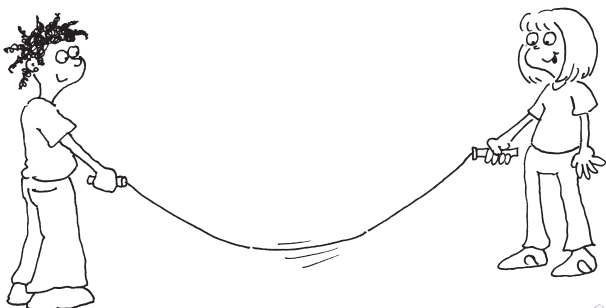
Bluebells, cockle shells

Easy ivy over.

3. The remaining players form a line close to the rope.

4. As the pair swinging the rope say 'over', the first in the line jumps over the rope.

5. The players take turns to jump over the rope each time they hear the word 'over'.



Jumping the Snake

This is an easy game for beginners.

1. Two players grasp either end of the rope and gently swing it to and fro close to ground.
2. The players say the following chant, for each person jumping the snake:

Jumping over the slithery snake

Forwards, backwards, forwards, backwards (jump as instructed).

Hopping over the slithery snake

Right, left, right, left (turn sideways and hop over the rope on the leg as instructed).

Jump and turn, now you're done (face sideways for one jump, then turn and face the opposite direction to jump out).

3. Players could think of new ways to jump over the snake such as holding hands in pairs, with arms outstretched or behind their backs.

We're Following the Leader

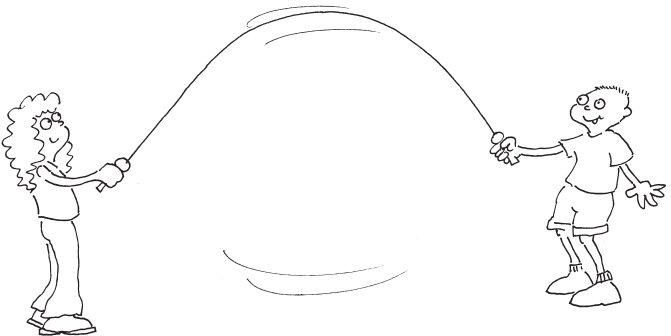
This is an easy game for beginners.

1. Two players grasp either end of the rope.
2. The remaining players form a line, one behind the other.
3. The rope turners gently swing the rope to and fro and the players follow the person at the front of the line, jumping over the rope. As they perform this action they say the following chant:

We're following the leader, the leader, the leader

We're following the leader wherever they may go.

4. The rope turners then turn the rope in complete circles and the leader, followed by all the other players, runs through. They repeat the chant again.
5. Finally, each player in turn follows the leader into the centre of the rope, performs one skip and jumps out. Once again, they repeat the chant.
6. A new leader is chosen and the actions are repeated.



School, School

1. Two players grasp either end of the rope and turn it in complete circles.
2. The remaining players line up and take turns to enter the rope and jump to the following chant:

School, school, the golden rule

Spell your name and go to school.

3. Having jumped to the chant, each player continues to jump for each letter of their first name, before jumping out.
4. Players could be invited to think of new 'golden rules' to skip to, such as counting backwards from ten.

Salt, Mustard, Vinegar, Cider

1. Two players grasp either end of the rope and turn it complete circles.
2. The players line up and take turns to jump to the following chant:

Salt, mustard, vinegar, cider

How many legs on a great, big spider?

3. Having completed the chant, the players continue to jump while they count until they trip or catch the rope and are out.
4. The object of the game is to see who can reach the highest score counting.

As I Was Walking

1. Two players grasp either end of the rope and turn it complete circles.
2. The remaining players take turns to skip to the chant below:

As I was walking by the lake

I saw a little rattlesnake

I gave him/her so much jelly cake

It made his/her little belly ache

One, two, three out goes he/she (the skipper jumps out).

Ready, Spaghetti

1. Two players grasp either end of the rope and turn it in complete circles.
2. The remaining players take turns to jump rope while they say the chant:

Ready, Spaghetti, Bolognaise, Go!

3. They then recite and jump to the letters of the alphabet, until they trip or catch the rope and are out.

Granny's In the Kitchen

1. Two players grasp either end of the rope and turn it in complete circles.

2. One player is chosen to be 'granny' and jumps in and skips to the following chant:

Granny's in the kitchen

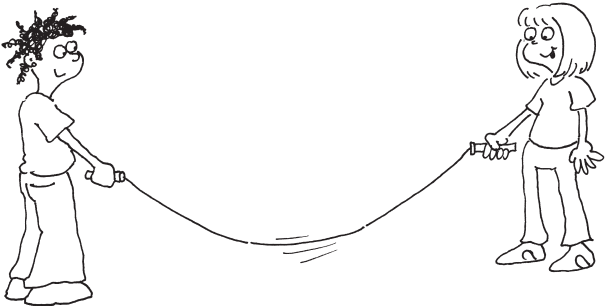
Doing some stitchin'

In comes the Bogey Man

And chases granny out.

3. At the end of this chant, a second player jumps into the rope and 'granny' jumps out.

4. The second player becomes 'granny' and the chant is repeated.



Give a Shout

1. Two players grasp either end of the rope and turn it in complete circles.

2. The rope turners recite the following chant, inviting each of the skippers in turn to jump rope:

Sharleen, Sharleen (call name of player waiting to skip)

Jump right in (player enters the rope and begins to skip)

Touch your shin (skipper jumps high and touches their shin)

Hop on a pin (skipper jumps rope on one foot)

Turn about (turns to face in the opposite direction)

Give a shout (skipper shouts 'Hello' or 'Hi' to the other players)

And jump right out (skipper jumps out of the rope).

3. The rope turners call the next player to skip.

Sausages in the Pan

1. Two players grasp either end of the rope and turn it complete circles.

2. The players say the following chant:

Sausages in the pan (player jumps in and begins to skip)

Sausages in the pan

Flip it over (skipper turns to face in the opposite direction)

Flip it over (skipper turns to face in the opposite direction)

Sausages in the pan (skipper jumps out).

Don't Miss a Beat

1. Two players grasp either end of the rope and turn it in complete circles.

2. The remaining players stand in a line, one behind the other.

3. The object of the game is to keep the action continuous, so that as soon as one player has jumped out of the rope, the next player jumps in.

4. As soon as a player has taken their turn, they run round to join the end of the line again.

5. All the while the players are skipping they say the following chant:

Don't miss a beat, keep up the heat

One out, one in, don't miss a beat.

Hey D.J.

1. Two players grasp either end of the rope and turn it in complete circles.
2. The players take turns to skip to the chant and follow the actions:

Hey D.J. sing that song, keep a footin' all night long (skipper jumps with both feet)

Hey D.J. sing that song, keep a hoppin' all night long (skipper hops from one foot to the other)

Hey D.J. sing that song, keep a turning all night long (skipper makes a half-turn each time they jump the rope)

Hey D.J. sing that song, keep a clapping all night long (skipper claps each time they jump the rope).

One Add One is Two

1. Two players grasp either end of the rope and turn it in complete circles.
2. The remaining players take turns to skip.
3. The first skipper jumps in, skips once and jumps out.
4. They jump in again, skip twice and jump out.
5. They repeat this process, adding one extra skip each time, until they trip or catch the rope and are out.

I Like Coffee

1. Two players grasp either end of the rope and turn it in complete circles.

2. A player jumps into the rope and begins to skip whilst saying the following chant:

I like coffee, I like tea, I like ... (names another player)

To jump in with me (the named player joins the first skipper and they skip together).

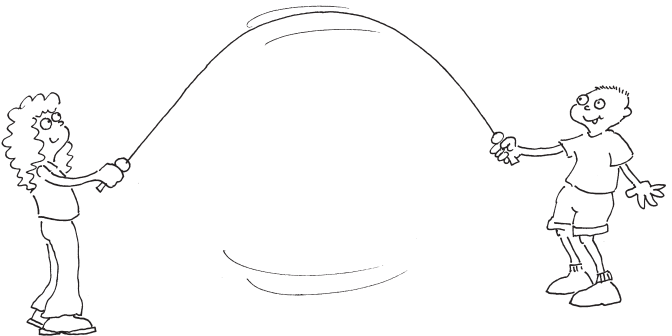
3. All the players then chant:

One, two, three, change places

Four, five, six, change places

Seven, eight, nine, change places etc.

4. The two skippers change places each time this is said, from right to left, until one trips or catches the rope and they are both out.



Two Little Dickie Birds

1. Two players grasp the rope at either end and turn it in complete circles.
2. Two other players are chosen to be 'Peter' and 'Paul'.
3. All the players say the following chant:

Two little dickie birds sitting on a wall

One named Peter (Peter jumps in and skips)

And one named Paul (Paul jumps in and skips with Peter)

Fly away Peter (Peter jumps out)

Fly away Paul (Paul jumps out)

Come back Peter (Peter jumps in again)

Come back Paul (Paul jumps in again).

All in Together

1. Two players grasp either end of the rope and turn it in complete circles.

2. All the players say the following chant:

All in together gang, this fine weather gang

When you hear your birthday please jump in.

3. They then say the months of the year and the players jump in and skip when their birthday month is called out.

4. When all players have joined in and are skipping together, the chant is repeated, but the players are invited to jump out when they hear their birthdays.

Two in Together

1. Two players grasp either end of the rope and turn it in complete circles.

2. Two other players jump into the rope and face each other. They say the following chant and perform the actions described with each jump:

Two in together, say hello, shake hands, bow and high five too

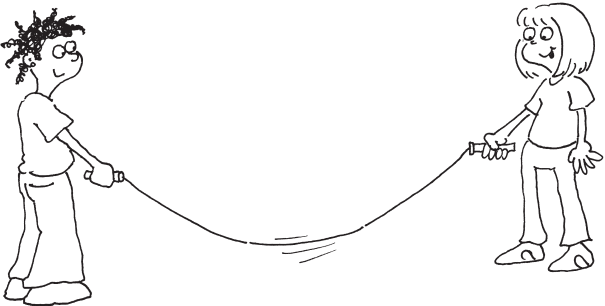
Right clap (clap right hands together)

Left clap (clap left hands together)

Both hands now (clap both hands on partners)

Jump out together and say 'Ciao'.

3. On the last line of the chant the skippers jump out and two more take their place to repeat the action.



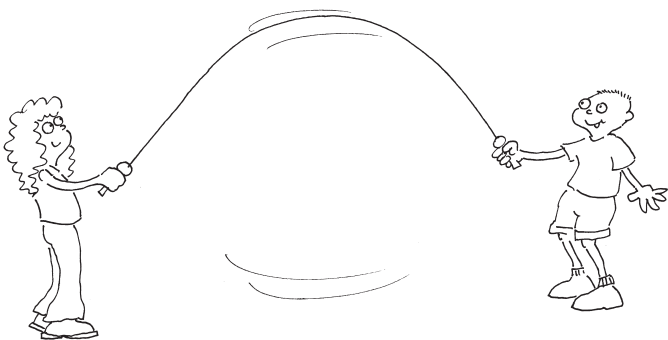
Look What I Can Do

1. Two players grasp either end of the rope and turn it in complete circles.
2. Another player thinks of an action to perform whilst skipping e.g. touch the floor, turn around, jump high and touch toes. The skipper says the following chant and performs the action:

Look what I can do, look what I can do

Who out there is brave enough to come and try it too?

3. A player volunteers to enter the rope and perform the same action whilst skipping. If they are successful, they take the first skipper's place, repeat the chant and perform a different action.
4. If the volunteer is unsuccessful in performing the action, the original skipper repeats the chant and action and asks for a different volunteer. They can have three turns before being replaced.



Little Miss Pinky

1. Two players grasp either end of the rope and turn it in complete circles.
2. The players take turns to skip to the chant below:

Little Miss Pinky, dressed in blue

Left last night at half past two

Before she left she told me this

'Let the jump rope stop like this'.

3. On the word 'stop', the skipper tries to stand on the rope and stop its motion.

Bumper Car

1. Two players grasp either end of the rope and turn it in complete circles.
2. The players take turns to skip to the chant below:

I had a little bumper car, number forty-eight

I went round the corner (skipper jumps out of the rope and runs around one of the rope turners. The word 'corner' is repeated over and over until the skipper jumps back into the rope)

And slammed on the brake (skipper jumps on the rope to stop its motion).

I had a little puppy

1. Two players grasp either end of the rope and turn it in complete circles.
2. One player stands in the rope ready to jump.
3. The players say the following chant and perform the relevant actions:

I had a little puppy his name was Tiny Tim (skipper in centre mimes holding and stroking a puppy)

I put him in the bathtub to see if he could swim
(skipper mimes putting puppy in bathtub then demonstrates how to swim, doing the breaststroke)

He drank all the water; he ate a bar of soap

The next thing you know he had a bubble in his throat

In came the doctor (a designated player jumps in)

In came the nurse (a designated player jumps in)

In came the lady with the alligator purse (a designated player jumps in)

Out went the doctor (jumps out)

Out went the nurse (jumps out)

Out went the lady with the alligator purse (jumps out).

Jack Be Nimble

1. Two players grasp either end of the rope and turn it in complete circles.
2. Each player, in turn, jumps to the following chant and performs the relevant actions:

Jack be nimble, Jack be quick

Jack jump over the candle stick

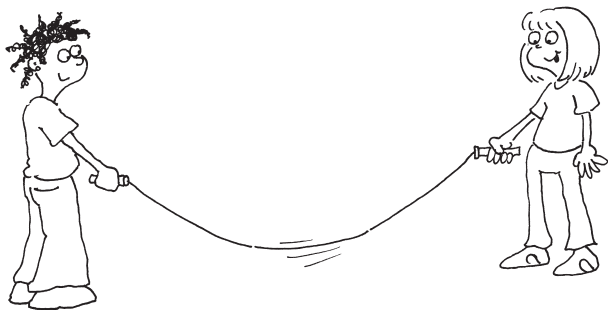
Mumble (skipper puts both feet together and makes small hops)

Kick (skipper repeatedly kicks one foot outward and back again)

Sizzler (skipper crosses and uncrosses feet and legs)

Split (skipper opens legs wide then closes them)

Pop-ups, ten to one, hit it (rope turners increase the speed of turning and skipper jumps high with both feet together while the players count down from ten to one).



Teddy Bear, Teddy Bear

1. Two players grasp either end of the rope and turn it in complete circles.
2. Each player, in turn, skips to the following chant and performs the relevant actions:

Teddy bear, teddy bear turn around (skipper turns to face in the opposite direction)

Teddy bear, teddy bear touch the ground (skipper crouches down to touch the ground)

Teddy bear, teddy bear touch your shoe (skipper lifts up one foot and hops)

Teddy bear, teddy bear that will do (skipper puts down raised foot)

Teddy bear, teddy bear climb the stairs (skipper mimes walking upstairs)

Teddy bear, teddy bear say your prayers (skipper mimes praying)

Teddy bear, teddy bear turn out the light (skipper mimes turning off a switch)

Teddy bear, teddy bear say goodnight (skipper shouts 'Good night' and jumps out).

Not Last Night but the Night Before

1. Two players grasp either end of the rope and turn it in complete circles.
2. Each player, in turn, skips to the following chant and performs the relevant actions:

Not last night but the night before

Twenty-four robbers came knocking at my door

As I ran out (skipper jumps out)

They ran in (skipper jumps back in)

I asked them what they wanted

And this is what they said

Chinese dancers do the splits (skipper opens legs wide then closes them)

Chinese dancers do the kicks (skipper kicks up first one then the other leg)

Chinese dancers turn around (skipper does a half turn)

Chinese dancers touch the ground (skipper crouches down to touch the ground)

Chinese dancers run out of town (skipper runs out of rope).

One, One all Alone

1. Two players grasp either end of the rope and turn it in complete circles.

2. A different player starts jumping rope as the following chant is said:

One, one all alone feeling sad and blue

Calls in (skipper names another player to jump) and then there were two

Two, two having fun, happy as can be

Call in (second skipper names another to jump) and then there were three

Three, three altogether want even more

Call in (third skipper calls in a fourth) and then there were four

Four, four, skip some more, it's good to be alive

Call in (fourth skipper calls in a fifth) and then there were five

Five, five altogether give a great big shout (shout 'hooray!')

Last one in is the first one out

Five, four, three, two and one (skippers jump out in the order stated).

Pocket Long Rope Skipping Games

Skipping is a sociable activity that encourages cooperation, trust and turn-taking, as well as improving cardio-respiratory fitness, flexibility and coordination. The games in this handy little book cater for all levels of skipper and will enhance playground experiences for children everywhere.

**Jenny Mosley's Pocket books
are perfect for playtimes.**

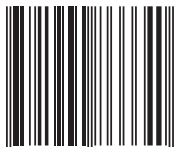


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9 781904 866640 >

01225 719204
positivepress@jennymosley.co.uk
www.circle-time.co.uk

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