

Rhyme Skipping

Using skipping rhymes is a great way to help children develop skipping and co-ordination skills. Here we have given you a wide range of skipping rhymes and games that you can use.

Teddy Bear

Teddy bear, teddy bear, turn around
 Teddy bear, teddy bear, touch the ground
 Teddy bear, teddy bear, shine your shoes
 Teddy bear teddy bear, read the news
 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 good night

Nice Cuppa

I like coffee, I like tea
 I want(insert name)..... to skip with me

One child jumps in to the rope turned by two other children.
He/she skips and sings the rhyme. They keep skipping while the child that joins them sings the rhyme. When the second child has chosen a skipper the first child leaves.

Pears and Plums

Apples, oranges, pears, plums
 Tell me(name of skipping child).... when your birthday comes
 January, February, March, April.....

The children chant the rhyme and the skipper carries on skipping until his/her birthday month is said. He/she then runs out and the next child jumps in, swapping every time their birthday month is said.

Down, Down

Down, down baby
 Down by the roller coaster
 Sweet, sweet baby
 I'll never let you go
 Shamma, shamma, roo, roo
 Down, down baby
 Down,down baby
DOWN!!

Skippers chant while skipping on the last 'down!' the skipper ducks down and runs out.

Cinderella

Cinderella dressed in yella
 Went to the ball and kissed a fella
 How many kisses did she get
 1234567.....

The skipper chants and continues to count until they snag on the skipping rope.

Apple crumble

Apple crumble makes me sick,
 It makes my heart go 2, 4, 6
 Hey you wanna jump?
 Here comes ...(child's name)... with their hair up in a bunch
 She can walk she can talk ,she can do anything but
 She can't skip with her eyes shut

Cowboy Joe

Cowboy Joe from Mexico
 Hands up!
 Stick 'em up! (Stick your hands in the air)
 Drop your guns and pick 'em up (Bob down and up again)

Playmate

See, see my playmate
 See, see my playmate
 Come out and play with me
 Under the apple tree
 Slide down the drainpipe
 Into the cellar
 Where we'll be best friends
 For evermore, more, more, more
MORE!

Chinese Restaurant

I went to a Chinese restaurant
 To buy a loaf of bread, bread, bread
 They wrapped it up in a five-pound note
 And this is what they said, said, said
 My name is Andy Pandy
 Sugar and candy
 Roly Poly
 Chinese chop sticks
 The Queen does a curtsy
 The King does a bow
 The boys go (blow a kiss)
 And the girls go, "Wow!"

Double, Double

Double, double, this, this
 Double, double, that, that
 Double, this, double, that
 Double, double, this, that

My Mother

My Mother said
 That I never should
 Play with the outlaws
 In the wood
 My Mother said
 That would I please
 Not come home
 With dirty knees