

Wellness Committee Resource: Jump Rope Rhymes

Blondie and Dagwood

"Blondie and Dagwood went to town,
Blondie bought an evening gown,
Dagwood bought the paper, this is what it said,
Close your eyes and count to ten, if you miss take an end!
One, two, three, four, five,
Six, seven, eight, nine, ten!"

Cinderella

Cinderella, dressed in yellow
went upstairs to kiss a 'fella
made a mistake
and kissed a snake
how many doctors
did it take?

[count until someone messes up]

Coffee and Tea

I like coffee, I like tea, I like *(name of next person in line)* to come in with me. Then the two jump together, the second person saying the rhyme. When the rhyme is done, the first person runs out, and the new person comes in and jumps with the second person.

OR

One person would be jumping and say this:

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 jumping. Then, the following is said:

One, two, three, change places, seven, eight, nine, change places, etc.

...until the pair misses; the two then change from right to left each time they said "change places" and all would keep track of who got the highest number before missing.



Found a Peanut

Found a peanut, found a peanut
found a peanut last night
last night I found a peanut
found a peanut last night

It was rotten, it was rotten
it was rotten last night
last night it was rotten
it was rotten last night

Ate it anyway, ate it anyway
ate it anyway last night
last night I ate it anyway
ate it any way last night

Got a tummy ache, got a tummy ache
got a tummy ache last night
last night I got a tummy ache
got a tummy ache last night

Went to the hospital, went to the hospital
went to the hospital last night
last night I went to the hospital
went to the hospital last night

Died anyway, died anyway
died anyway last night
last night I died anyway
died anyway last night

HELP

The jumper jumps once for each letter of "H-E-L -P" said by the rope turners. Every time she or he jumps, the rope turns faster and faster. When that person misses on a letter, the next person who enters the rope has to jump in the way that is required for that letter:

- H- Highwaters (rope doesn't touch the ground)
- E- Eyes closed or Easy over (rope goes over slower than usual)
- L- Leapfrog (jump like a frog then jump high)
- P- Peppers (rope twirls quickly)

The jumpers continue to jump on the letter that they need to start with.



I Had a Little Puppy

I had a little puppy
His name was Tiny Tim
I put him in the bathtub, to see if he could swim
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, *(person jumps in)*
In came the nurse, *(person jumps in)*
In came the lady with the alligator purse *(person jumps in)*
Out went the doctor *(person jumps out)*
Out went the nurse *(person jumps out)*
Out went the lady with the alligator purse *(person jumps out)*

Miss Mary Mack

Miss Mary Mack, Mack, Mack
All dressed in black, black, black
With silver buttons, buttons, buttons
All down her back, back, back
She asked her mother, mother, mother
For fifty cents, cents, cents
To see the elephant, elephant, elephant
Jump the fence, fence fence
They jumped so high, high, high
They touched the sky, sky, sky
And didn't come back, back, back
Till the fourth of July, July, July

Contributed by Angela Martin and Heidi Wallis

Or, add to the end the following lines:

He jumped so high, high, high
He touched the sky, sky, sky
And he never came back, back, back
Till the fourth of July, July, July!



School

"School, School the golden rule, spell your name and go to school" *Person spells name and then runs out without touching rope. Then each subsequent turn, the person jumps through the grades. Kindergarten--person just runs though the turning rope; First Grade--the person jumps once, saying "first grade" then runs out; and so on, through the 12th grade. The persons turn ends when s/he has tripped on the rope at any time, or when completed through the 12th grade.*

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 children jump rope while they sing this rhyme, they act out the actions as the words come up in the rhyme. An example: when they say go upstairs, the child pretends to climb the stairs.

Resources:

<http://gameskidsplay.net/>

www.thinkquest.org

