



Jump Rope Counting Rhymes



Chickety, Chickety, Chop

Chickety, chickety, chop.
How many times before I stop?
One, two three, four, five.....?

Candy, Candy In the Dish

Candy, candy in the dish.
How many pieces do you wish?
One, two, three, four, five.....?

My Little Sister

My little sister dressed in pink
Washed all the dishes in the sink.
How many went "clink, clink, clink"?
One, two three, four five...?

Cinderella

Cinderella dressed in red
Went downstairs to bake some bread.
How many loaves did she bake?
One, two, three, four, five...?

Cinderella

Cinderella dressed in green
Went downstairs to eat ice cream.
How many spoonfuls did she eat?
One, two three, four, five...?

Cinderella

Cinderella dressed in blue
Went outside to tie her shoe.
How many seconds did it take?
One, two, three, four, five...?

Cinderella

Cinderella, dressed in yellow,
Went upstairs to kiss her fellow.
Made a mistake
And kissed a snake
Came downstairs
With a bellyache.
How many doctors did it take?
One, two, three, ...

Fishing

Down by the river,
Down by the sea.
Let's go fishing just
you & me!
How many fish will
there be?
One, two, three, four, five.....?



Tell Me

Tell me, tell me, tell me, true.
How old, how old, how old, are you?
One, two, three, four five...?

Ladybug, Ladybug

Ladybug, ladybug,
How old are you?
One, two, three, FOUR . . . OUT the Door
(must exit on 4th jump)



Chocolate Cake

My mother made a chocolate cake.
How many eggs did it take?
One, two, three, four, five...

Cross the River

Cross the river
Cross the lake
I hope I don't make a bad mistake!
How many jumps will I take?

Banana Split

Banana, banana, banana split.
What did you get in arithmetic?
10, 20, 30, 40, 50, 60, 70, 80, 90, 100

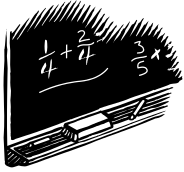
Bread and Butter

Bread and butter
Sugar and spice
How many boys
Think I am nice?
None, one, two, three....

Here Comes the Teacher

Here comes the teacher in our path.

Better get ready for our math.



$$1 + 1 = 2$$

$$2 + 2 = 4$$

$$4 + 4 = 8$$

Now let's spell.... fish

D-O-G spells dog

C-A-T spells cat

O-U-T spells out (EXIT)

Down In the Meadow

Down in the meadow,

Where the green grass grows,

There sat _____

As sweet as a rose.

She sang and she sang

And she sang so sweet,

Along came a butterfly

And kissed her on the cheek.

Another flew across

And kissed her on the nose.

How many times can she jump on her toes?

One, two, three, etc.

Little Sister

I had a little sister

She was a little honey.

She played in the meadow
where the frogs sound funny.

She ran through the meadow

With a song on her tongue,

And she picked a few flowers

Just for fun.

How many flowers did he find?

1, 2, 3

Pup

What shall I name my little pup?



I'll have to think a good one up?

A, B, C, D, E, F, G, H, I, J...?

(When the jumper misses, he makes up a name beginning with that letter.)

Fortune Teller

Fortune teller, fortune teller, please tell me

Who my friend is gonna be... A,B,C,D...

(Go through the abc's until a miss) and

Think of a name that begins with that letter

Ice Cream Sundae

Ice cream sundae, cherry on top

who's your friend I forgot?

A,b,c,d,e,f,g.....(and so on. The

letter you land on you make up a name)



Noble Knight, Noble Knight

Noble Knight, Noble Knight

Try, try, try with all of your might

Follow the rules

And you'll be cool!

Noble Knight, Noble Knight



Jump Rope Rhymes - ACTIONS

Alligator

Alligator, Alligator JUMP UP & DOWN

Alligator, Alligator, TURN AROUND



Alligator, Alligator GET OUT OF TOWN

TEDDY BEAR

Teddy Bear, Teddy Bear,

JUMP UP & DOWN,

Teddy Bear, Teddy Bear,

TURN AROUND,

Teddy Bear, Teddy Bear,

TOUCH THE GROUND,

Teddy Bear, Teddy Bear,

GET OUT OF TOWN(exit out the rope-no miss)



Soda Pop

Soda pop, Soda pop

Sierra Mist

Can you do do this with a twist?

Number 1: touch your nose

(*Jumper mimes actions *)

Number 2: touch your shoe.

Number 3: bend your knee.

Number 4: touch the floor.

Number 5: wave goodbye. (Exit)

Dutch Girl

I'm a little Dutch girl

Dressed in blue

These are the things I like to do:

Salute to the captain,

Bow to the queen,

Turn my back on the submarine.

I can do the tap dance,

I can do the splits, (straddle or scissors)

I do the hokey pokey, just like this....(choice)

Here I Go!

I run in and around I go.

Clap my hands and nod just so.

(*Jumper mimes actions *)

I lift my knee and touch my toe.

I give a shout, Then I go OUT, .

(*Jumper, exits *)

Little White Rabbit

Little white rabbit,

Hop on one foot, one foot.

Little white rabbit,

Hop on two feet, two feet.

Little white rabbit,

Hop on three feet, three feet.

Little white rabbit,

Hop on no feet, no feet.

(On "three feet", the jumper puts one hand to the ground.

On "no feet" run out.)

Oliver

Oliver jump

Oliver jump jump jump

Oliver kick

Oliver kick kick kick

Oliver twist

Oliver twist twist twist

Oliver ski

Oliver ski ski ski

Oliver straddle

Oliver straddle straddle straddle

Oliver twist

Oliver twist twist twist

Spanish Dancer

Spanish dancer, do the splits (scissors jump)

Spanish dancer, give a kick.

Spanish dancer, turn around.

Spanish dancer, get out of town.



We Like

We like _____ (jumper)
She is sweet,
She jumps rope
With both her feet.
She jumps high
On all her toes
She gives a hop & OUT she goes (EXIT)

California Oranges

California oranges, fifty cents a pack.
Come in _____, and tap me on the back.
(At the end of the verse, "x" jumps in and taps the jumper, who then jumps out.)

Boogie Woogie

Ladies and gentlemen, children too,
This young kid's
Gonna boogie for you!
See him KICK his feet!
See him TWIST to the beat!
See him get so LOW.
See him touch his TOE.
See him shimmy, shimmy, shake
(* Jumper wiggles hips *)
'Till no more jumps can he take. (EXIT)

Buster, Buster

Buster, Buster, climb the tree.
(* Jumper mimes actions *)
Buster, Buster, slap your knee.
Buster, Buster, throw a kiss.
Buster, Buster, do not miss!

On the Beach



On the beach, in the sand,
I jump up & down, oh so grand!
On the beach, I turn around,
On the beach, a shell I found
On the beach, I get tan,
On the beach in the sand, it's
Hot, hot, hot! (turn rope faster & faster!)

Mabel, Mabel

Mabel, Mabel, set the table,
Don't forget the RED, HOT PEPPER...
(Turners turn rope faster & faster)

Motor boat

Motor boat, motor boat: go so slow.
(* Turn rope slow *)
Motor boat, motor boat:
go a little faster.
(* Turn rope normal *)
Motor boat, motor boat:
step on the gas!
(*Fast turning *)



Up & Down the Ladder

Old man lazy
Drives me crazy.
Up the ladder.
(*Jumper moves toward an end*)
Down the ladder.
(*Jumper moves toward other end*)
'Till it gets H-O-T (spell hot).
(*Calls for fast turning *)

Birthdays

Sheep in the meadow,
Cows in the corn.
Jump in on the month that you were born.
January, February, March, April...
(OR start inside & jump OUT on the month born)

All In Together

All in together girls/boys.
How do you like the weather, girls/boys?
January, February, March, April...
(Each jumper runs in when you hear the month of your birthday. Then the months repeated, and each person jumps OUT on their birthday month.)

Apples, Peaches, Pears and Plums

Apples, Peaches, Pears and Plums

Tell me when your birthday comes.

January...

(* jumpers jump in on their birthday *)

(* jumpers jump out as birthdate is called *)

Coffee & Tea

I love coffee, I love tea,

I want _____ to jump in with me.

Everybody

Everybody, everybody,

Come on in.

The first one that misses

Must take my end.

Mother, Mother, I am Ill

(Four Jumpers)

(1st jumper in)

Mother, Mother, I am ill,

Send for the doctor to give me a pill.

In came the doctor

(2nd jumper in)

In came the nurse,

(3rd jumper in)

In came the lady with the alligator purse.

(4th jumper in)

"Measles," said the doctor. (1st jumper out)

"Mumps", said the nurse. (2nd jumper out)

"Nothing", said the lady (3rd jumper out)

With the alligator purse.

Not Last Night

Not last night

But the night before

Twenty four salesmen

Knocking at my door.

They ran in.

With books in a bin

They began to shout

As I ran out. (EXIT)



Go'in to France

Off to France

To teach the children

How to dance.

A heel and a toe

(*Jumper lands on heel and toe*)

And round you go.

(*Jumper turns full around *)

A heel and a toe

And around I go.

Salute to the captain.

Bow to the king.

Turn your back

(*Jumper turns to other direction*)

Don't turn your back on the beautiful queen.

Fifty Cents

I asked my mother for fifty cents

To see the elephant jump the fence.

He jumped so high he touched the sky,

And never came back till the Fourth of July

(Jump higher and higher)

H E L P !

(Repeat until there's make a mistake)

H-hot pepper(fast)

E-eyes close(jump rope withe eyes closed)

L-leapfrog(jump like a frog)

P-plain(regular)