

Skip to my lou

Why not get that skipping rope out and try these skipping games?



Down in the Valley

This rhyme begins with the rope being swung back and forth instead of overhead. When the counting part begins, the rope is swung overhead.

Down in the valley

Where the green grass grows,

There sat Janey, Sweet as a rose.

*Along came Johnny and kissed her on
the cheek.*

How many kisses did she get this week?

1, 2, 3, 4, 5...



I like coffee

In this rhyme, the first jumper inserts the name of a friend they want to join them in jumping. That friend runs in whilst the rope is still turning to join them. This friend then inserts the name of another friend and so on until everyone is jumping

“I like coffee

I like tea

I'd like (name)

To come in with me”



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