

# SKIPPING

- **RACING CARS** - You need a long skipping rope. Rope is turned while the song is sung:  
Racing car, racing car number 10  
Races round the coooooorrrner (skipper runs out behind one of turners and jumps back in)  
And back again  
How many laps did they complete?  
(Rope is turned fast and the number of skips is counted)

Then change rope turners and skipper.

- **EACH PEACH PEAR PLUM** - You need a long skipping rope. Rope is turned while song is sung:  
Each peach pear plum  
Tell me when your name comes  
(Rope is turned fast while alphabet is called out. Skipper tries to reach letter of their name without making a mistake)
- **TEDDY BEAR** - You need a long skipping rope and the skipper acts out the rhyme while it's being sung  
  
Teddy bear teddy bear turn around  
Teddy bear teddy bear touch the ground  
Teddy bear teddy bear cross your feet  
Teddy bear teddy bear take a seat  
Teddy bear teddy bear climb the stairs  
Teddy bear teddy bear say your prayers  
Teddy bear teddy bear turn off the light  
Teddy bear teddy bear say goodnight.  
(Skipper leaves rope on "goodnight")



- BIRTHDAYS - Long rope needed. Skippers jump in on the month of their birthday and back out on the date. Max 6-8 skippers.  
Children call out all months of the year followed by the dates 1<sup>st</sup> - 31<sup>st</sup>.

