

## Jump Rope Rally

Get out your imaginary jump ropes and here we go!

(Pretend to twirl a rope as you jump.)

Blue bells, cockle shells, eevie, ivy, over. (Jump on both feet.)

I like coffee. I like tea. I like you to jump with me.

Bubble gum, bubble gum in a dish (Alternate hopping on different feet.)

How many pieces do you wish?

If you jump to 24, you will get an extra turn.

1, 2, 3...24

Cinderella dressed in yella. (Pretend to cross the jump rope with hands.)

Went upstairs to kiss her fella.

Made a mistake and kissed a snake.

How many doctors did it take?

1, 2, 3...8

Engine, engine number nine (Pretend to twirl rope backwards as you tap

Going down the railroad line. heels.)

If the train jumps off the track

You will get your money back.

How much money will you get?

1, 2, 3, ...10

Teddy Bear, Teddy Bear, turn around. (Make movements indicated.)

Teddy Bear, Teddy Bear, touch the ground.

Teddy Bear, Teddy Bear, read the news.

Teddy Bear, Teddy Bear, tie your shoes.

Teddy Bear, Teddy Bear, go upstairs.

Teddy Bear, Teddy Bear, sit down in your chair!

Activities: Have children go home and ask their parents to teach them a jump rope rhyme they learned when they were in school.

Make jump ropes for each child in your room. Use these for exercising as well as making letters, numerals, and shapes on the floor.

Reinforce letters and sounds with this rhyme:

A my Name is (children think of a girl's name that starts with A.)

My husband's name is (children think of a boy's name with A.)

We come from (city or state starting with A.)

And we sell (product, food, etc. that starts with A.)