

## JUMP FOR JOY JUMP ROPE RHYMES

Rhymes can be done with a long rope (as a big group) or with individual ropes. Coaches should encourage all players to learn the words and recite the rhymes together.

### 1. Cinderella

Cinderella  
Dressed in yella  
Went downstairs to kiss her fella  
She made a mistake  
And kissed a snake  
How many doctors will it take?  
1, 2, 3, 4, 5... (Player keeps jumping until they mess up)

### 2. Ice Cream

Ice cream soda, cherry on top  
What's your last name, I forgot!  
A, B, C, D (keep going until they get to the first letter of their last name)

### 3. Bubble Gum

Bubble gum, bubble gum  
In a dish  
How many pieces  
Do you wish?  
1, 2, 3, 4... (keep going until they mess up)

### 4. 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

5. **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)

6. **Teddy Bear**

(Jumper acts out the motions while Jumping)

Teddy Bear, Teddy Bear, turn around (jumper turns)

Teddy Bear, Teddy Bear, touch the ground (jumper bends down and touches his/her hand to the ground)

Teddy Bear, Teddy Bear, show your shoe (jumper sticks his/her foot up)

Teddy Bear, Teddy Bear, that will do! (jumper claps his/her hands)

Teddy Bear, Teddy Bear, go upstairs- (jumper pretends to be climbing stairs)

Teddy Bear, Teddy Bear, say your prayers- (jumper strokes his/her hair)

Teddy Bear, Teddy Bear, turn out the lights- (jumper imitates flicking a light switch off or blowing out a candle)

Teddy Bear, Teddy Bear, say good-night! (jumper waves and jumps out of the rope)

7. **Blue Bells**

(Start by swinging the rope back and forth, not over)

Blue Bells, cockle shells

Easy ivy over

(Swing rope over head on over and continue with normal swings)

8. **School, School**

School, school, the golden rule

Spell your name and go to school

J-A-N-E

After the jumper spells out his/her name, he/she runs out without touching the rope; then the next jumper jumps in and repeats the rhyme and spells his/her name

9. **Here Comes Mrs. Smith**

(The rope turners say)  
Oh no, here comes Mrs. Smith  
With his big school stick  
Now it's time for arithmetic  
(They keep turning and someone jumps in)  
One plus one is?  
(The jumper responds) TWO  
Two plus two is?  
(The jumper responds) FOUR  
Four plus four is?  
(The jumper responds) EIGHT  
Eight plus eight is?  
(The jumper responds) SIXTEEN  
Now it's time for spelling  
Spell Cat  
(The jumper responds) C-A-T  
Spell dog  
(The jumper responds) D-O-G  
Spell hot  
(The jumper responds) H-O-T

NOTE: When the jumper finishes spelling H-O-T, the turners turn the rope as fast as possible until the jumper messes up.

10. **3 Blind Mice**

A horse, a flea, and three blind mice,  
Sat on a curbstones hooting dice.  
The horse, he slipped and fell on the flea.  
The flea said "Whoops, there's a horse on me."

11. **Jack be Nimble**

One jumper goes at a time. And depending on how well the jumper is, will normally be followed by another song until the jumper is, will normally be followed by another song until the jumper misses. Coach must start by describing and demonstrating what the tricks are (mumble, kick, sizzler, split, pop ups).

Jack be nimble  
Jack be quick  
Jack jumped over (the Jumper pops up very high with both feet leaving the ground at the same time)  
The candle stick  
Mumble, kick, sizzler, split, pop-ups (Do these actual tricks done while jumping)  
10 to 1- hit it  
10,9, 8,7,6,5,4,3,2,1.

Mumble- by putting both feet together making very small hops

Kick- by repeatedly kicking one foot outward and back again

Sizzler- by crossing and uncrossing feet and legs

Split- by opening and closing legs about 5 feet apart

Pop-ups- by jumping high in the rope with both feet coming off the ground together

## 12. **Strawberry Shortcake**

Strawberry shortcake

Huckleberry pie

Who's going to be your lucky guy

A,B,C,D,E,F,G etc. Until the jumper trips