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.

\[
\begin{align*}
1 + 1 &= 2 \\
2 + 2 &= 4 \\
4 + 4 &= 8 \\
\end{align*}
\]
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 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.

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 with the eyes closed)
L-leapfrog(jump like a frog)
P-plain(regular)

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)