

Skipping Games

Chinese Jump Rope is a challenging game played by anyone anywhere. The simple rules test the skill and coordination of all players.

Equipment: An elastic rope is the only equipment needed for play. The game is easily learned and always fun!

Chinese Jump Rope is no ordinary "rope skipping" game. "Enders" hold an elastic rope while a "jumper" jumps the rope in special ways. The challenge? To jump successfully!

RULES

A Jumper jumps until a jumping mistake or "miss" is made.

-A miss can be made if a jumper jumps "out" instead of "in".

-A miss is also made if a jumper touches the rope incorrectly while jumping the game.

After a miss, the jumper trades positions with an ender.

The jumper starts from the very beginning of the game on the next turn.

Every Chinese Jump Rope game begins with the rope held in basic position.

Enders:

1. Face each other and step inside the rope.

2. Place the rope around the ankles.

3. Step back until the rope is stretched.

Two parallel jumping lines, about 12 inches (30cm) apart, are stretched between the enders.

The jumper stands outside the rope, ready to play.

Simple words describe simple CJR jumping steps!

"IN"

Jump both feet inside the rope.

"ON"

Jump both feet on top of the rope. The left foot lands on the left rope; the right foot lands on the right rope.

"OUT"

Jump both feet from the middle to the outside of the rope. Feet land together on one side.

"SIDE OUT"

Jump over both ropes from one side. Both feet land together on the other side of the rope.

"STRADDLE OUT"

Jump a straddle! The left foot lands outside the left side of the rope. The right foot lands outside the right side of the rope.

"SIDE-BY-SIDE"

Jump quickly side-to-side. Both feet start "out" one side of the ropes.

-Jump side: The left foot lands outside the left rope. The right foot lands inside the rope.

-Jump side again quickly: The left foot lands inside the rope. The right foot lands outside the right rope.

Jumpers call the steps out loud while jumping. Calling helps the jumper remember the "pattern" of the jumps!

Practice "jumping steps" with these simple jumping games!

JUMP 1:

IN.. OUT.. SIDE-BY-SIDE.. ON.. IN.. OUT

JUMP 2:

IN.. STRADDLE OUT.. SIDE-BY-SIDE.. IN.. OUT.. SIDE OUT

JUMP 3:

SIDE OUT.. SIDE OUT.. ON.. SIDE OUT.. SIDE OUT.. ON .. SIDE OUT

JUMP 4:

SIDE-BY-SIDE.. IN.. STRADDLE OUT.. IN.. ON.. SIDE OUT

No enders around to hold the rope? Draw two parallel chalk lines on a play surface (sidewalk, concrete, pavement).

Happy jumping!

Isaac Harryheadnewton

Game Description:

Jump Rope Rhyme

Indoor or Outdoor game

For 3 - 6 players

Rules:

Isaac Harryheadnewton

never told a lie.

'till he ran around the corner

(Drag out while singing. The jumper runs out and run around a turner then jumps back in and the song continues)

stole a cherry pie.

How many cherries were in that pie?

1.2.3.4....(count until the jumper messes up)

Alphabet

Game Description:

Outdoor game

For 3 or more players

Required Equipment:

jump rope

Rules:

- A my name is ALICE, my husband's name is AL, we live in ALABAMA and we bring back APPLES.
- B my name is BETTY, my husband's name is BEN, we live in BERMUDA and we bring back BUGS.
- C my name is CAROL, my husband's name is CARL, we live in COLORADO and we bring back CRABS.
- It just goes on like that through the alphabet.

Blue bells, cockle shells**Game Description:**

Outdoor game

For 3 or more players

Required Equipment:

jump rope

Rules:

(Swing the rope back and forth, not over)

Blue bells, cockle shell

Easy ivy over

(swing rope over head on over and continue in normal rope swing)

(Sing it with the following rhyme but it can be used with any)

Oh no, here comes Miss Blackwell

with her big Black stick

Now its time for arithmetic

One plus one is?

(jumper responds) Two

Two plus two is?

(jumper responds) Four

Four plus four is?

(jumper responds) Eight

Eight plus eight is?

(jumper responds) Sixteen

Now its time for spelling

Spell cat.

(jumper responds) C-A-T

Spell dog.

(jumper responds) D-O-G

Spell hot.

(jumper responds) H-O-T

(when the jumper finishes spelling HOT swing the rope as fast as possible until they mess up.)

Cowboy Joe lives in Hobbema

Game Description:

Jump rope rhyme and game!
Indoor or Outdoor game
For 3 or more players

Rules:

Singing....

Hands up, put em up, drop your gloves and pick them up. Had a little sports care
it was shiny red

Took it around the *cooerrrrnnnnner* (Player jumps out of the ropes runs around
the end tuners and jumps back into the rope.) And slams on the brakes (Jumper
stops rope. The turners start up again.) Policeman caught me put me in jail All I
had was ginger ale. How many bottles did she have? Red hot peppers (count by
2's until the jumper messes up and that's how may bottle she has.)

Gabewilliam

Game Description:

Jump rope rhyme
Indoor or Outdoor game
For 4 or more players

Required Equipment:

jump rope

Rules:

When I was one I ate a bun,
Going over the sea.
I jumped aboard a sailormans ship,
And the sailorman said to me,
Going over, going under,
Stand at attention like a soldier,
With a one, two, and three.
When I was two I buckled my shoe,
Going over the sea.
I jumped aboard a sailormans ship,
And the sailorman said to me,
When I was three I banged my knee,
When I was four I shut the door,
When I was five I learned to jive,
When I was six I picked up sticks,
When I was seven I went to heaven,
When I was eight I learned to skate,
When I was nine I climbed a vine,

When I was ten I caught a hen!

Ice Cream Soda

Game Description:

Outdoor game

For 3 or more players

Required Equipment:

jump rope

Rules:

Ice cream soda, cherry on the top, who's your boyfriend/girlfriend I forgot

A,B,C,D,E,F,G,H (and so on until the person stops jumping)

You take the letter he/she lands on and think of a name of someone you know that begins with the letter.

Katiemills

Game Description:

Jump Rope Rhyme

Indoor or Outdoor game

For 3 - 6 players

Required Equipment:

jump rope

Rules:

Uno, dos-ee-ay-say Said east, west,

met my boyfriend at the candy store

He brought me ice cream

He brought me cake

He brought me home with a belly ache

Mama, mama, I'm so sick

Call the doctor Quick, quick, quick!

Doctor, doctor, will I die

Count to five and you'll be alive

Uno, dos, tres, cuatro, cinco

I'm alive, yeah!

Miss Mary Mack

Game Description:

Outdoor game
For 3 or more players

Required Equipment:

jump rope

Rules:

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 boys, boys, boys
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
Or, add to the end the following lines:
He jumped so high, high, high
He touched the sky, sky, sky
And he never came back, back, back
Till the fourth of July, July, July!
GOODBYE!

Not last night, but the night before

Game Description:

Several variations in this
Outdoor game
For 3 or more players

Required Equipment:

jump rope

Rules:

Not last night but the night before, 24 robbers came knocking at my door
I asked them what they wanted, and this is what they said:
Spanish Dancer do the splits, the twist
the turnaround and touch the ground, and out the back door
Spanish Dancer please come back, back, sit on a tack, read a book and do not
look,

(jump with eyes closed, everyone counting out loud: 1, 2, 3, 4, 5... until you miss)

OR

Not last night but the night before
24 robbers came a knocking at my door
I ask them what they wanted, and this is what they said.
Spanish dancers do the splits, the kicks
then turn around, touch the ground
Spanish dancers please come back, back, back
(doing what the rhyme says)
Then count until you screw up.

OR

Not last night but the night before
24 robbers came knocking at my door, as I ran out, (run out of rope), they ran in,
(jump back in)
[they] knocked me on the head with a rolling pin
I asked them what they wanted and this is what they said
Chinese dancers do the splits, (jumper doing the commands after each)
Chinese dancers do the kicks,
Chinese dances turn around,
Chinese dancers touch the ground,
Chinese dancers get out of town, (run out of rope, end of turn)

OR

Not last night
Not last night, but the night before
24 Robbers came knocking at my door
As I ran out (Run out of the jump rope)
They ran in (Run back in the jump rope and start jumping again)
I asked them what they wanted and this is what they said:
Spanish dancer turn around (turn ½ turn each time you jump)
Spanish dancer touch the ground (touch ground once when you are jumping)
Spanish dancer give a high kick (kick in the air once)
Spanish dancer get out before you miss (get out of the jump rope)
If you stay in, someone yells "Hot Potatoes" and then they (they ones holding the rope) start turning the rope real fast and someone counts to see how many "hot potatoes" you do.

OR

Not last night but the night before
24 robbers came to my door
They stole my watch and they stole my ring
and then they all began to sing
"Policeman, policeman, do your duty here comes (name) the Canadian beauty!
She can wiggle; She can wobble;
She can do the splits;
but she can't wear her dresses above her hips!"

OR

Down by the river, down by the sea,
Johnny broke a bottle and blamed it on me.
I told ma, ma told pa, Johnny got a spanking so ha ha ha.
How many spankings did Johnny get?

1, 2, 3....

Keep counting until the jumper messes up.

OR

Last night, night before, my boyfriend took me to the candy store. (on the word "store" the person turns around to face the opposite direction that she started out on)

He bought me ice cream, he bought me cake. He brought me home with a belly ache.(turn)

Mamma, mamma, I feel sick. Call the doctor quick, quick quick! (jump on one foot each time you say "quick")

Doctor, Doctor will I die? Close your eyes and count to 5. (turn)

1...2...3...4...5.. (on 5 jump out of the rope while the rope turners are still singing)
I'm still alive and on channel 5!

TEXICO, Texico, Texico cradles

Game Description:

Outdoor game

For 3 or more players

Required Equipment:

jump rope

Rules:

Over the hills to Mexico (on the word "over" the rope begins going all the way around and continues doing this until the end of the rhyme)

Where the Spanish dancers do the kicks, the kicks (do kicks)

Where the Spanish dancers do the splits, the splits (jump with legs apart)

Where the Spanish dancers twirl around, around (twirl around)

Where the Spanish dancers jump up and down, up and down (jump high)

Where the Spanish dancers get out of town (jump out of the ropes)