



Back to the Playground Nostalgic Rhymes & Games

Teddy Bear, Teddy Bear

Instructions:

- Skip in rhythm with the chant.
- On "turn around," spin once.
- On "touch the ground," crouch.
- On "climb up the stairs," run on the spot.
- On "say your prayers," mime praying.

Rhyme:

Teddy bear, teddy bear, turn around
Teddy bear, teddy bear, touch the ground
Teddy bear, teddy bear, climb up the stairs
Teddy bear, teddy bear, say your prayers

I Like Coffee, I Like Tea

Instructions:

- Skip in time with the chant.
- Invite a child to jump in the rope. They then invite the next person to run in and jump in time with them.

Rhyme:

I like coffee, I like tea
I like [child's name] to jump with me.



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Salt, Vinegar, Mustard, Pepper

Instructions:

- Two turners swing the rope at a steady pace while the jumper skips in rhythm.
- Each line is chanted aloud.
- On the word "Salt", the turners speed up the rope to a single bounce.
- On the word "Pepper!", the turners speed up the rope even faster, testing the jumper's agility and stamina.
- The challenge is to see how many quick skips the jumper can manage before stopping.

Rhyme:

Mable, Mable, Set the table, Don't forget the...

Salt,

Vinegar,

Mustard,

Pepper! (rapid turning follows)

Bluebells, Cockle Shells

Instructions:

- Rope swings gently side-to-side like a pendulum with the person in the middle jumping over it.
- On "over," it goes overhead and the jumper continues to skip.

Rhyme:

Bluebells, cockle shells,

Eevie, ivy, over.

1, 2, 3, 4...



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I'm a Little Bumper Car

Instructions:

- One child skips inside the rope in time with the rhyme.
- On "whizz round the corner," they run out under the rope, circle around one of the turners, then jump back in.
- On "slam down the brakes," they try to land with both feet onto the rope to trap it as it hits the ground.

Rhyme:

I'm a little bumper car, number 48,
I whizz round the corner,
And slam down the brakes!

Back to Back, Face to Face

Instructions:

- Two children skip together inside the rope. They follow the rhyme's directions: turning back-to-back, then face-to-face, then shaking hands, and finally swapping places or exiting.

Rhyme:

Back to back,
Face to face,
Shake your partner's hand,
And change your place!



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Keep the Kettle Boiling

Instructions:

- Two turners swing the rope steadily.
- One by one, children run in, do one jump, then run out the other side without stopping the rope.
- The challenge is to see how many children can get through in a row without a mistake.
- If someone trips or misses, the count goes back to zero - so it becomes a real team effort!

Rotation Points

Instructions:

- Start with two children jumping inside the rope.
- As they jump, all children nearby call out the times table for the number of children in the rope (2-times table for two children, 3-times table for three, etc.).
- Gradually add more children up to five, the most popular combination.
- Score is calculated as: Number of children × Consecutive jumps.
- The ultimate challenge is to reach 100 points or more (e.g., 5 children × 20 jumps).

Chant (while jumping):

Two, four, six, eight...

Three, six, nine, twelve...

Four, eight, twelve, sixteen...

Five, ten, fifteen, twenty...

