

Belfast Skipping Songs and Rhymes



These rhymes can be used when solo skipping or when skipping as a three with a larger rope.

Some are better for skipping as a group with a large rope - see additional instruction



Lady, Lady

(As a group)

On the hillside stands a lady,

Who she is I do not know.

All she wants is gold and silver,

All she wants is a nice young man.

Lady, lady, touch the ground,

(Touch the ground between skips)

Lady, lady, turn right round,

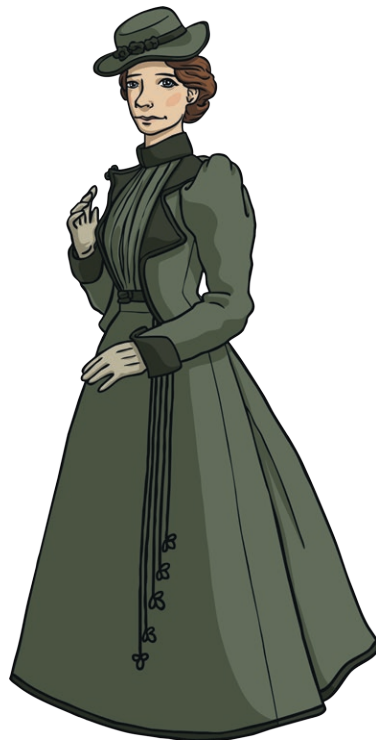
(Touch the ground between skips)

Lady, lady, show your shoe,

(Show you shoe between skips)

Lady, lady, run right through.

(Run out on the beat)



Mother's in the Kitchen

(In a group, run in and begin skipping)

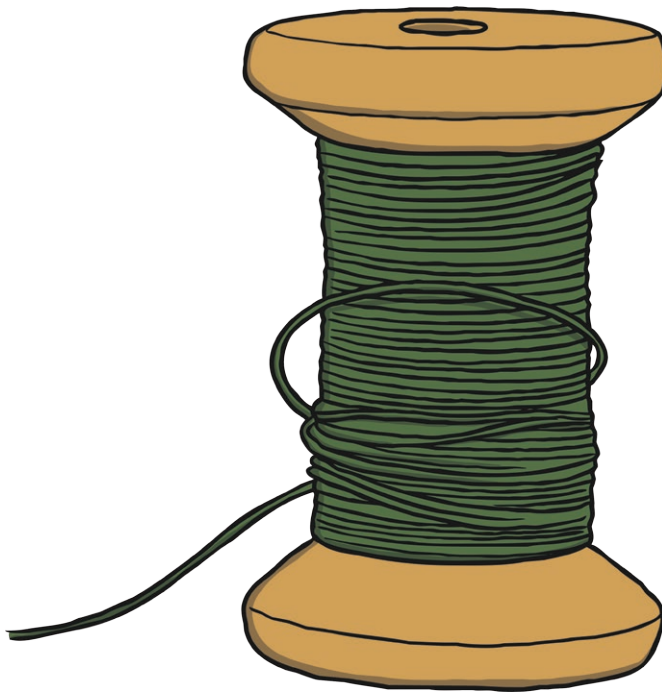
Mother's in the kitchen.

Doing a bit of stitching.

Along comes the bogey man,

and out pops she!

(Run out and round to join the line again)



Jelly on a Plate

(Solo or in a group)

Jelly on a plate.

Jelly on a plate.

Wobble, wobble.

Wobble, wobble.

Jelly on a plate.

Pancake in a pan.

Pancake in a pan.

Flip it over, flip it over.

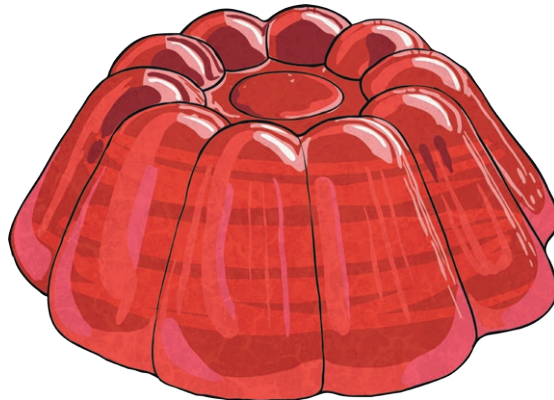
Pancake in a pan.

Pumpkin down a hill.

Pumpkin down a hill.

Roly poly, roly poly.

Pumpkin down a hill.



Cinderella

(As a group)

Cinderella, dressed in yella.

Went upstairs to see her fella.

How many kisses did she get?

1, 2, 3 etc

(Skip faster as you and your audience count)

Cinderella, dressed in yella.

Went upstairs to see her fella.

Made a mistake and kissed a snake.

How many doctors did it take?

1, 2, 3 etc

(Skip faster as you and your audience count)

Cinderella, dressed in yella.

Went downstairs to get some mustard.

On her way, her jammies busted.

How many people were disgusted?

1, 2, 3 etc

(Skip faster as you and your audience count)



All In Together Girls

(As a group)

All in together girls.
This fine weather girls.
When I call your birthday.
You must jump in.

January, February,
March, April, May, June,
July, August, September,
October, November,
December.

(As each month is called, the children run in and jump to the beat before running out. Alternatively, they could stay in as others join them, however, this can get rather crowded!)



I'm a Little Girl Guide

(As a group)

I'm a little girl guide dressed in blue.

These are the actions I can do:

Stand at ease.

(Stand straight between skips)

Bend your knees.

(Bent knees)

Salute to the king.

(Salute between skips)

Bow to the queen.

(Bow between skips)

Quick march through the arch.

(March between skips)

1, 2, 3 etc



Difficulty

(Solo or as a group, skipping to the beat)

Mrs D

Mrs I

Mrs F F I

Mrs C

Mrs U

Mrs L T Y



I like Coffee

I like coffee.

I like tea.

I like _____ in with me.

(Repeat)

(Child calls another child's name and they run in and join in the skipping with their friend to the beat before running out. Alternatively, they could stay in as others joined them, however, this could get rather crowded!)

