

SILLY WILLY

PRE-JUMP ROPE SKILLS

BRENDA COLGATE

Children will learn the skills necessary to jump rope on their own! These 9 original upbeat songs are designed to teach children coordination skills as well as listening skills through the use of the rope as a prop then later as a jump rope. The activities are geared for children ages 4 and up. With practice, proper rope, and space to learn, children will learn the skills necessary to jump rope!

When using this recording in a classroom situation use the following suggestions for creating a successful session with your students:

- 1. Provide the proper length of jump rope for each student. When you step on center, the handles should reach your armpits.*
- 2. Children should wear a good pair of athletic shoes or shoes tied properly with rubber soles.*
- 3. Avoid jumping on concrete or hard tiles. Jumping on asphalt is better for the joints. The area should be clear of sand.*
- 4. Keep proper spacing between each child to prevent rope injuries.*
- 5. Make sure children do not talk during the program and listen to all of the lyrics and music for proper instruction.*
- 6. Stop the music periodically or realign students so that they keep the proper space.*
- 7. Emphasize the proper position for rope jumping. Feet together, elbows in to side, knees bent, hands on the handles and turn with the wrists.*
- 8. Keep positive and encourage all children regardless of ability level. Most children will learn to jump between 5 and 8 years of age.*

TRACK # 1. Jump For Joy

A warm up song to prepare muscles for exercise. Use this song to march, clap, stretch and loosen joints.

Jump for Fun
Jump for Joy
Jumping is Fitness fun for ev'ry girl and boy
Jumping rope
The Silly Willy Way
Jump for Fun
Everyone
Jump for Joy!!!

Jumping feet
Bending knees
Eyes are front,
Bend elbows please
You'll feel so good when you learn this way
Fitness fun
For everyone
Jump for Joy!!

(breakdown rap)

Jump for Fun
Jump for Joy
Jumping is Fitness fun ev'ry girl and boy
We'll practice numbers,
Letters and turns...
Jump for Fun
Everyone
Jump for Joy!!!

TRACK # 2. The Circle Song

One and two feet coordination, spatial awareness, directional skills and muscular endurance as children jump with the rope (on the ground) in a circle around their body.

Making a circle for my jump rope and me
Is as easy and simple as 1,2,3.
Round and round the line never ends
I'm happy that my jump rope moves
and bends.

hop on two feet



In the center I can hop with two feet
Watch me jump with my bouncy feet
Jumping, jumping with the rope on the
ground,
I'm happily hopping up and down.

hop on one foot



Listen now while we make a pattern
Pretend we're taking a trip around Saturn.

Hop front, middle, back, middle-try it
again.

Hop front, middle, back, middle.

1,2,3,4 - 1,2,3,4

In the center I can jump with one foot

Watch me hop with only one foot.

Jumping, jumping to the musical beat

I'm jumping with one foot, what a feat.

Listen now while we make a pattern

Pretend we're taking a trip around Saturn

Hop front, middle, back, middle

Hop front, middle, back, middle

1, 2, 3, 4 - 1, 2, 3, 4

TRACK # 3. Around The Rope

*Children stand with rope in a straight line
on the ground in front of their body. Walk,
skip, hop around the rope for agility, two
feet coordination and leg strength.*

This is a song for jump rope fun,

Now we're making a number that looks

like one.

Start at the top and you will here,

All the words that you'll need to move in
top gear.



Let's skip around our rope once or twice-
Step hop, step hop-that looks so nice!
Let's walk around our rope once or twice
Listening closely like very quiet mice.

Let's put our knees and ankles together
Hop down to the end and back...
Hopping down and hopping back,
Be careful to stay on your own track!

Now show me how you can hop over the
rope
Hopping quickly without touching the rope
Hopping down to the end of the line
Move side to side no touching, that looks
fine

Let's skip around our rope once or twice,
Step hop, step hop-that looks so nice
Let's skip around our rope once or twice,
Listening closely like very quiet mice.

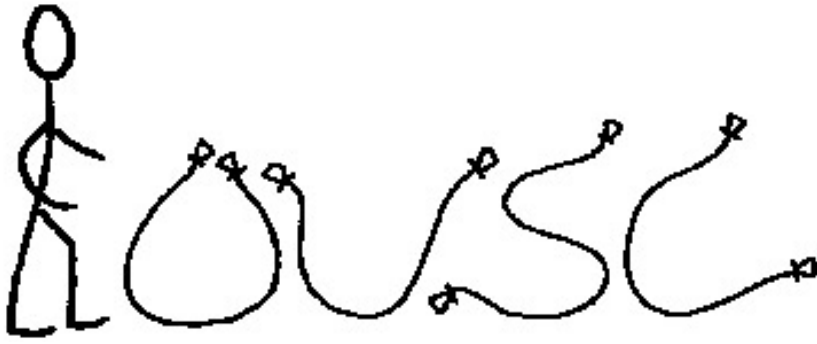
TRACK # 4. Bend It, Twist It, Turn It

*Children stand with space all around using
jump rope to form letters on the ground.
Letter formation, listening, visual, tactile
learning skills as children form letters with
their jump rope.*

Bend it, twist it, turn it
There're so many letters my rope can be.

Start with an "O" it's the one we know best
Everybody make the "O" then rest.

Bend it, twist it, turn it
There're so many letters my rope can be.



Now make a "U" what do you do?
That's right you've got it and without a
clue!
Bend it, twist it, turn it
There're so many letters my rope can be.

Let's make an "S" we can shape it this way,
Show us how, then sit and stay.

How about a "C" what does it take
Show me a "C", Woo-ae that's great!

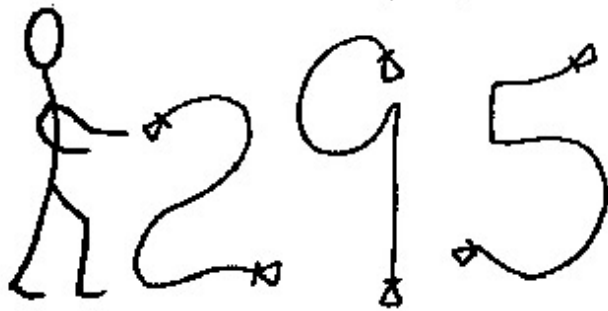
Bend it, twist it, turn it
There're so many letters my rope can be.

Make a letter you've learned and give us a
quiz
Move that rope let us guess what it is!
Bend it, twist it, turn it
Bend it, twist it, turn it
Bend it, twist it, turn it

TRACK # 5. The Number Game

*Number formation, listening visual and
tactile learning skills as children use their
jump rope to form letters on the ground.*

*Numbers, Numbers
No two look the same
Listen for the number to make
In our jump rope number game*



Can you make the number 2
It's an easy thing to do
Put your rope on the ground
Turn it all around
Now you've made the number 2

Can you make the number 9
You're working hard and it looks fine
Move your rope around the line
Make a melon on a vine

*Numbers, Numbers
No two look the same
Listen for the number to make
In our jump rope number game*

Can you make the number 5
Make your jump rope come alive
Move it some more
To make the number 5

Can you make the number 1
It's so easy, it's so fun

Stretch it straight and long for one
Before you know it you'll be done.

*Numbers, Numbers,
No two look the same
Listen for the number to make
In our jump rope number game.*

Can you add up 3 and 3
It's as easy as can be
Let your jump rope do some magical tricks
Wow! 3 and 3 makes 6.

Can you add up 3 and 2
On your hand you'll find the clue.
Now you're learning something new
Make a 5 and you'll be through

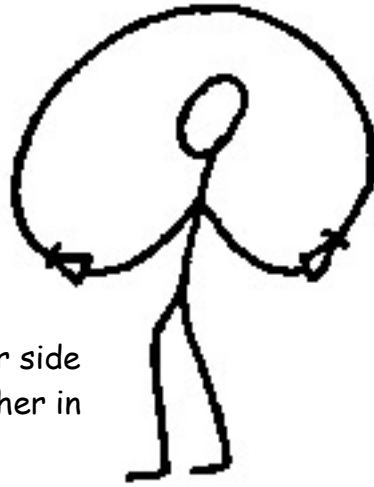
*Numbers, Numbers,
No two look the same
Listen for the number to make
In our jump rope number game
In our jump rope number game*

TRACK # 6. Making Rainbows

*We're going to practice turning the rope
without moving your feet. Hold on to your
rope with both hands, stand still and
listen.*

We're making rainbows with our rope.
How many colors in the rainbow?
As you turn the rope think of these
The beautiful colors of a rainbow

no jumping



Standing still with elbows to your side
Hands are wide as we turn together in
stride

1,2,3, turn over and stop.
1,2,3, over without a hop
Looks like a rainbow-colors aglow
Move that rope nice and slow
1,2,3, over and stop,
1,2,3, over and stop,
Now my rope is in the back,
Looks like you've got the knack!

Listen closely to the cues and the beat
Turning the rope is a magical feat.

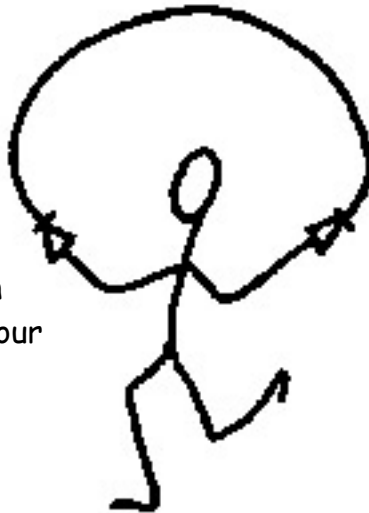
1,2,3, turn over and stop
1,2,3, over without a hop
Looks like a rainbow-colors aglow
Move that rope nice and slow
1,2,3, turn over and stop
1,2,3, turn over and stop
1,2,3, turn over and stop!
1,2,3, over and stop!

TRACK # 7. One, Two, Three Jump

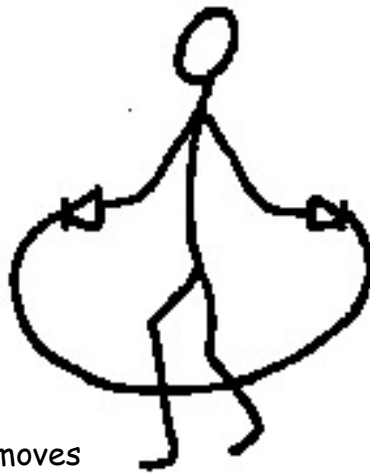
Children stand with ample spacing holding their own jump rope. The rope is in back of their body, elbows out to the side. Upper/lower body coordination, agility, listening skills and control of large muscles as children learn how to jump rope.

This is it we're ready
We're going to jump rope
Listen closely to the words and count

We're gonna make it
easy
You can do it, yes you can
Set your mind to reach your
goal, you're right on plan!



Bend your knees, get ready
Feel your heart begin to pump
1,2,3 JUMP!!!!
1,2,3 JUMP!!!!
1,2,3 JUMP!!!!



You did it now stay steady
We're gonna jump some more
You've got the rhythm and the moves
today

Keep lookin' straight ahead
Bend your arms and breathe in deep
Turn the rope and listen for the beat

Bend your knees, get ready
Feel your heart begin to pump
1,2,3 JUMP!!!!
1,2,3 JUMP!!!!

1,2,3 JUMP!!!!

Look at you, you've done it!
You've learned how to jump rope
Practice now and keep on going strong

You made it look so easy
You didn't miss a beat
You used your arms, your legs, your heart
your feet.

*Bend your knees, get ready
Feel your heart begin to pump
1, 2, 3 JUMP!!!!
1, 2, 3 JUMP!!!!
1, 2, 3 JUMP!!!!*

TRACK # 8. Backwards Jump Roping

*Children stand with ample spacing - the
jump rope in front of their body.
Coordination, agility and listening skills are
practiced as children learn to backwards
jump rope*

Backwards jumping is a fun way to play
Once you learn it you can do it all day!
Hear the beat wake up those feet!
Backwards jumping is a exercise treat

1, 2, 3, turn and jump
1, 2, 3, turn and jump
1, 2, 3, turn and jump
1, 2, 3, turn and jump

1, 2, 3, turn and jump
1, 2, 3, turn and jump
1, 2, 3, turn and jump
1, 2, 3, turn and jump



Backwards jumping is a fun way to play
Once you learn it you can do it all day!
Hear the beat wake up those feet!
Backwards jumping is a exercise treat

TRACK # 9. "On Your Own"

Jump Rope Rhymes

This music is for jump roping fun! After children learn the basic skills and rules for jumping, practice to these favorite jump rope rhymes set to special rope jumping music.

Five little monkeys,
Jumping on the bed.
One fell off
And bumped his head.
Mama called the doctor,
And the doctor said,
"No more monkeys jumping on the bed"

Cinderella, dressed in yellow,
Went upstairs to kiss a fellow.
Made a mistake-
Kissed a snake.
How many doctors did it take?
1, 2, 3, 4, 5, 6, 7, 8



long rope jumping

Cinderella, dressed in yellow,
Went downstairs to meet her fellow.
On the way her girdle busted:
How many people were disgusted?
1, 2, 3, 4, 5, 6, 7, 8

short rope jumping



Postman, Postman,
Don't delay!
How many letters
Will you bring today?
Postman, Postman,
Pick up the pace.

Faster, faster,
Let's have a **race!**
**(start hot peppers and jump as long
as you can without missing)**

Motorboat, motorboat, go so slow.
Motorboat, motorboat, go so fast.

Motorboat, motorboat,
Step on the **gas**.
(start hot peppers)

Red as a raspberry,
Brown as a bean
That's the prettiest color
I've ever seen.

Yellow as a daisy,
Black as ink,
That's the prettiest color,
I do think.

Orange as a pumpkin,
Green as grass,
Keep on jumping
As long as you last.
1, 2, 3, 4, 5, 6, 7, 8

Ollie is an Ostrich
Who says "O" all day.
Katie is a kangaroo
Who loves to say "K".

When Ollie and Katie
Get together and play,
Everything's always
OK, OK, OK.

Pumpkin, cherry, key lime pie,
Drop 'em from an airplane, watch 'em fly.
Why'd you do a thing like that?
Pumpkin, cherry, key lime SPLAT!



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