



SECTION 8

Sample
Posters

ICE CREAM SODA

Ice Cream Soda,
Lemonade hearts,
Tell me the names
Of your sweethearts.
A,B,C,D...

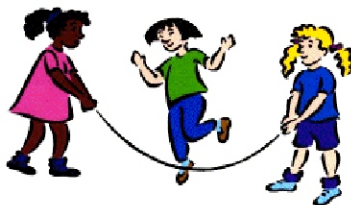


Using a long rope, a new jumper may run through on each letter. If one person is using a short rope they can turn the rope quicker on each letter.

MABEL, MABEL

Mabel, Mabel
Set the table,
Don't forget the
Salt, vinegar, pepper...

Rope turners turn pepper (fast) on the last word.

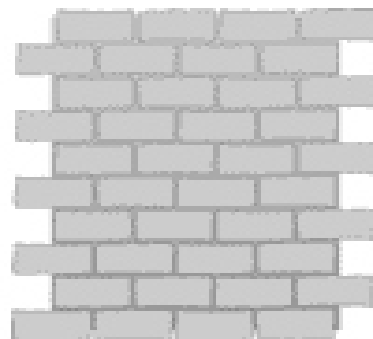
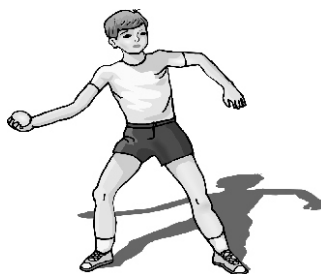


Source: *Awesome Asphalt Activities*

SEVEN-UP

- "7-up" Throw the ball against the wall, catch it
- "6-up" Throw , bounce, catch
- "5-up" Bounce on the ground, against wall, catch
- "4-up" Bounce under leg, against wall, catch
- "3-up" Bounce under the other leg, against wall, catch
- "2-up" Bounce under spread legs, against wall catch
- "1-up" Drop, turn 360 and catch

(Each player takes a turn performing the Seven-Up actions against a wall. Use a small rubber or tennis ball. Vary the game by changing the actions. Different movements which can be incorporated are clapping and using one hand.)



Source: *Awesome Asphalt Activities*

ARE YOU COMING OUT, SIR

Start with stocking in the right hand and try to speed up the chant each time.

Hello, hello, hello, **sir**

-lift right leg and bounce ball under it

Are you coming out, **sir**?

-lift left arm and bounce under it

No, sir. Why **sir**?

-hit wall to your left

Because I've got a cold **sir**

-hit wall to your right

Where'd you get the cold, **sir**?

-hit wall between your legs

At the North Pole, **sir**

-hit wall above head

What were you doing there, **sir**?

-hit wall above your left arm

Catching polar bears, **sir**

-hit wall to your left

How many did you catch, **sir**?

-hit wall to your right

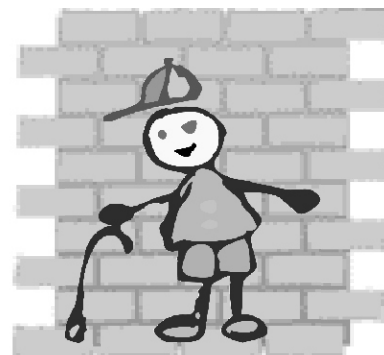
One, sir, two, sir, three, **sir**

-hit wall under your left leg

That's enough for me, **sir**

-hit wall above your head

(Participants stand with their backs against a wall and swing the stocking, bouncing the ball from side to side. On each sir, participants bounce the ball off the floor. Players can create their own patterns including bouncing the ball under their left leg, arms, overhead And between their legs.)

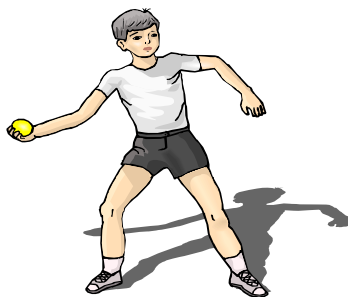


Source: *Awesome Asphalt Activities*

ORDINARY, DICTIONARY

| | |
|--------------------|---|
| "Ordinary" | -throw against wall and catch |
| "Dictionary" | -throw ball, hands on hips, catch |
| "Stationary" | -throw ball, be still, catch |
| "Front Clap" | -throw ball, clap hands at front, catch |
| "Back Clap" | -throw ball, clap hands at back, catch |
| "One Hand" | -throw the ball with one hand and catch it with the same hand |
| "The Other Hand" | -throw the ball with the other hand and catch it with the same hand |
| "The Other Foot" | -stand on the other foot, throw and catch |
| "Frontwards" | -throw the ball, twirl hands forwards and catch |
| "Curtsey" | -throw ball, curtsy, and catch |
| "Around the world" | -throw ball, turn around and catch |

(The player chants the following verse as they throw a ball against the wall. If the player drops the ball or misses a line they must begin again. Participants can also perform the tasks when standing on one foot, or using only one hand.)



Source: *Awesome Asphalt Activities*



I ASKED MY MOTHER

I asked my mother for fifteen cents,
To watch the elephant jump the fence.
He jumped so high, he reached the sky,
And he never got back until
The fourth of July.
January, February, March, etc..

Rope turners turn pepper (fast) on the months.

HAPPY BIRTHDAY

All in together
This fine weather
January, February, March, etc...

Jumper runs in on the month of their birthday.



Source: *Awesome Asphalt Activities*

TEDDY BEAR

Teddy Bear, Teddy Bear,
Touch the ground
Skipper touches the ground

Teddy Bear, Teddy Bear,
Climb the stairs
Skipper does high knee steps

Teddy Bear, Teddy Bear,
Say your prayers
Skipper puts their hands together

Teddy Bear, Teddy Bear,
Switch off the light
Hand actions of switching the light on/off

Teddy Bear, Teddy Bear,
Say "Goodnight"
Skipper waves goodbye.



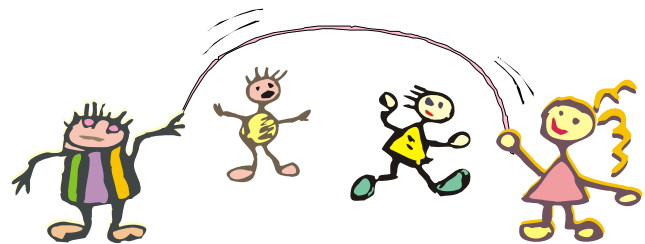
Source: *Awesome Asphalt Activities*

MOTHER, MOTHER

Mother, Mother, I am ill
Call for the doctor over the hill.
First came the doctor,
Then came the nurse.
Then came the lady
With the alligator purse.

Out went the doctor,
Out went the nurse,
Out went the lady
With the alligator purse.
Sunday, Monday, Tuesday...

In long rope skipping, skippers enter one at a time as the child, doctor, nurse and lady. They then exit at the appropriate time, leaving the original skipper to jump pepper (fast) on the days of the week.



Source: *Awesome Asphalt Activities*

ROCKING ROBIN

Participants stand in a circle of four

SONG

Tweet, tweet, tweet
And away we go

Go rocking in the tree top
All day long
Huffing and a-puffing
And a singing this song
All the little birdies
On the Jaybird street
Love to hear the robin
Go tweet, tweet, tweet.

Rocking Robin - tweet, tweet, tweet
Rocking Robin - tweet, tweet, tweet
Go Rocking Robin, we're really
Going to rock tonight.

ACTIONS

Hold hands in each side and swing arms
Rocking motion
Clap hands
In the... clap 2
Hands of child on one side
Treetop...clap own hands
And 2 hands of child other side



All day...clap own hands and 2 hands of child
directly opposite alternate clapping hands high
and low **Repeat**



Source: *Awesome Asphalt Activities*

MISS MARY MACK

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 fifteen cents, cents, cents
To see the elephants, elephants, elephants
Jump over the fence, fence, fence

He jumped so high, high, high
He reached the sky, sky, sky
And never came back, back, back
Till the first of July, ly, ly

*For each verse the actions are:
Touch knees, touch shoulders, clap hands together:
Clap your partners hands three times.
Spin around the end.*



Source: Awesome Asphalt Activities

SPORTS CAR

Sports car, Sports car,
A 1968,
Turned around the corner,
Slammed on the brakes.
Bumped into a lady,
Bumped into a man
Bumped into a policeman,
And man, Oh man!
Policeman caught,
And put me in jail,
And all I had to eat
Was gingerale.
How many bottles,
Did I drink?
10, 20, 30, 40, ...

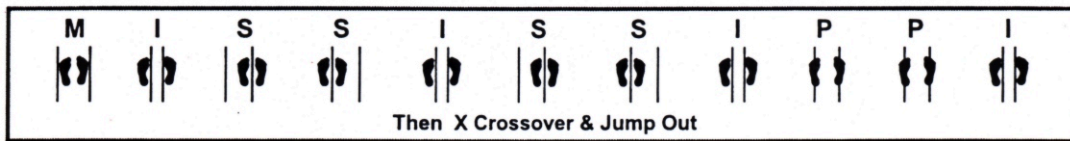
Jumpers skip pepper on the numbers.



Source: *Awesome Asphalt Activities*

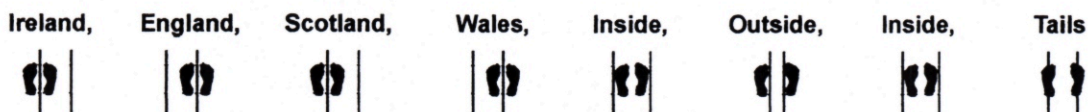
MISSISSIPPI

Two students put the rope around their ankles. Third person jumps a pattern. If they complete the pattern without making a mistake the two end people move the rope to their shins. Third person repeats pattern at shins, and knees. This person continues until a mistake is made. Then they take an end to hold the rope and let someone else try.



BRITISH ISLES

Ireland, England, Scotland, Wales,
Inside, Outside, Inside, Tails



Source: *Awesome Asphalt Activities*