



Australian Government
Australian Sports Commission



Teddy bear, teddy bear

A Players chant a rhyme while performing skills and skipping at the same time. (Play with 3–6.)

What you need

- > 1 long skipping rope per group

What to do

- > Two players turn the rope.
- > Another player runs in and begins singing, and acting the rhyme.
- > Players swap roles regularly.

RHYME

- > Teddy bear, teddy bear, touch the ground (touch the ground while skipping)
- > Teddy bear, teddy bear, turn around (turn around while skipping)
- > Teddy bear, teddy bear, climb the stairs (pretend to walk up stairs while skipping)
- > Teddy bear, teddy bear, say your prayers (join hands to say prayers while skipping)
- > Teddy bear, teddy bear, turn off the lights (reach up to turn off a light while skipping)
- > Teddy bear, teddy bear, say goodnight (wave and say goodnight while skipping out of the rope).



Change it

- > Players sing only one line from the rhyme and then exit the rope as the next player enters.
- > Players stay in the middle after singing the rhyme and are joined by the next player. The challenge is to try and have the whole team skipping at once.
- > Play in pairs with one person turning the rope and the other singing the rhyme.



Safety

- > Check that no overhead lighting or other obstructions will get in the way of the turning ropes.
- > Jump on the balls of the feet, with the feet together and knees slightly bent.

LESSON LINK:

Teddy bear, teddy bear is an introductory skipping game that also helps players learn the correct jumping and landing technique. It can be followed by a more difficult skipping activity or other springing and landing exercises.

SESSION PLANS

Compos > Start Out MV 05A + Start Out MV 04C + Get Into It MV 06A