



# 7-UP

7 up, 7 up, count to 11 up

1 2 3 4 5 6 7 8 9 10 11

6 up, 6 up, do the splits up

1, 2, 3, 4, 5, 6

5 up, 5 up, touch the side up

1, 2, 3, 4, 5

4 up, 4 up, touch the floor up

1, 2, 3, 4

3 up, 3 up, touch your knee up

1, 2, 3

2 up, 2 up, touch your shoe up

1, 2

1 up, 1 up, you're all done up

## TASK:

- (1) Find a partner. Your partner says the rhyme as you are jumping.
- (2) If you miss, your partner tries to jump the rhyme
- (3) Partners keep switching jumping until both partners complete the rhyme.

Rhyme is from the following website: <http://www.urbanext.uiuc.edu/hopping/rhymes05.html>