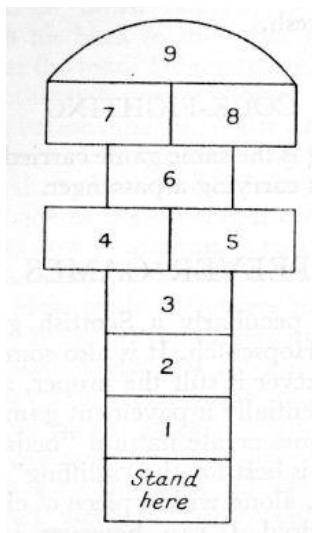


Pavement & Games

In the past children did not have a many toys or as much choice as we might do today. Toys were often manufactured from metal or wood as plastic was not available, computer games were not invented until the 1980s. Below is a selection of traditional games which you could try at home using materials you may already have around the house....Have Fun !!

Hopscotch

(Sometimes called "peeveer" or "beds" in Scotland)



All you need is some chalk and a stone, beanbag or similar to throw. Draw out the pattern opposite with the chalk and stand at the start point. Throw your object (e.g. stone or beanbag) on to one of the numbers. Then hop or jump on each number in turn to retrieve the object.

In the olden days children sometimes used an old shoe polish tin filled with dirt, or just a rock. You could get a proper peeveer stone which was made from marble, like this one, but not many people had one.



Skipping

If you don't have a skipping rope you can use a length of rope or even some washing line (just make sure an ask an adult first) There are lots of great skipping rhymes to chant while you are skipping to help you keep the rhythm. Hers a few examples, but you could always come up with your own as well.

Cinderella, dressed in yellow
 Went upstairs to kiss her fellow
 Made a mistake
 And kissed a snake
 How many doctors
 Did it take?
 1, 2, 3, 4, 5...



Teddy Bear, Teddy Bear, turn around.
Teddy Bear, Teddy Bear, touch the ground.
Teddy Bear, Teddy Bear, read the news.
Teddy Bear, Teddy Bear, tie your shoes.
Teddy Bear, Teddy Bear, go upstairs.
Teddy Bear, Teddy Bear, say your prayers.
Teddy Bear, Teddy Bear, turn out the light.
Teddy Bear, Teddy Bear, say "Goodnight"

This rhyme is for skipping with a long rope, and your friends. One person holds the rope at each end to turn it or swing it. The others wait their turn to be shouted in during the rhyme.

I like coffee,
I like tea,
I'd like for Janey
To come in with me.

Ball Games

Ball games were very popular in the past and did not need a lot of equipment. Better still you could carry the ball (s) easily in your pocket and take the game everywhere you went; to the shops, school etc.

A fun game to try on your own- all you need is a tennis ball or similar and a wall. Throw the ball up against the wall and catch it when it returns. Now each time you throw the ball clap your hands before catching. Once you get better at it you can add in any number of actions like a double clap, touch your shoulder, spin round etc.

Two balls was also a popular game, all. You need a small bouncy ball in each hand and throw them in turn against a wall and catch the ball with one hand when it returns. It's harder than it sounds!!

Just like skipping children often chanted rhymes while doing these games to help create a rhythm, here's one:

One, two, three O'Leary
I spied Mrs Creery
Sitting on her bumbaleery
Early in the morning.

supported by





supported by



registered Scottish charity number SC043891

