

I've Been to Harlem

Ball bouncing game



*I've been to Harlem, I've been to Dover,
I've travelled this wide world all over,
over, over, three times over
Drink what you have to drink and
turn your glasses over.*

Actions (with ball):

I've been to Harlem: Bounce, catch, throw, catch I've been to Dover: Bounce, catch, throw, catch

I've travelled this wide: Bounce, catch, throw, catch

World all: Bounce catch

Over: throw the ball in the air and turn 180degrees Three times: Bounce catch

Over: throw the ball in the air and turn 180 degrees

Drink what you have to drink and: Bounce, catch, throw, catch

Turn your glasses: Bounce, catch, Over: throw the ball in the air and turn 180 degrees

Actions (with no ball):

I've been to Harlem: Tap knees, clap, tap head, clap I've been to Dover: Tap knees, clap, tap head, clap

I've travelled this wide: Tap knees, clap, tap head, clap

World all: Tap knees, clap

Over: Jump 180 degrees to face the other direction Three times: Tap knees, clap

Over: Jump 180 degrees to face the other direction

Drink what you have to drink and: Tap knees, clap, tap head, clap

Turn your glasses: Tap knees, clap

Over: Jump 180 degrees to face the other direction

BE CREATIVE:

If you are doing the clapping game without a ball, can you create a different four beat pattern other than knees, clap, head clap?

CHALLENGE (BALL GAME)

If you are home with someone else, try playing the game face to face 2 metres apart and on the word "over" rather than turn, throw the ball to your partner (one should throw higher and one lower).

This game is adapted from the NYCOS publication *Singing Games and Rhymes for Middle Years 1* and is also in *Go for Bronze*