

# Clapping Games

Pupils sit or stand and practise the below clapping games solo.

## Pease Porridge

**Pease porridge hot** (*Pease* = clap both hands to thighs, *porridge* = clap hands together, *hot* = clap both hands to tummy)

**Pease porridge cold** (*Pease* = clap both hands to thighs, *porridge* = clap hands together, *hot* = clap both hands to tummy)

**Pease porridge in the pot** (*Pease* = clap both hands to thighs, *porridge* = clap hands together, *in the* = clap right hand to left side of tummy, *pot* = clap hands together)

**Nine days old** (*Nine* = clap left hand to right side of tummy, *days* = clap hands together, *old* = clap both hands to tummy)

## Double, Double

Double double this this,  
Double double that that,  
Double this, double that,  
Double double this that.

*Instructions:*

Double = clap hands together

This = clap both palms to lap

That = turn wrists and clap lap with back of hands (with palms facing up)

## Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **games from the past** and **rhymes**. You might like to try the below activities.

### History

**Strand:** Myself and my family/Local studies  
**Strand Unit:** Games (and pastimes) in the past

- Researching other clapping (or skipping) rhyme games using books or interviews with grandparents/older family members.

### Primary Language Curriculum

**Strand:** Writing  
**Learning Outcome:** (6) Genre, purpose and voice

- Composing short rhymes, with or without clapping actions, using clapping games above as inspiration.