

English Rhythm Drills

Drill 1:



Jack Sprat could eat no fat.
His wife could eat no lean.
And so between them both, you see,
They licked the dishes clean.
Jack ate all the lean,
His wife ate all the fat,
The bone they picked it clean,
Then gave it to the cat.

Drill 2:

Solomon Grundy, born on a



MONDAY

Christened on



TUESDAY

Married on



WEDNESDAY

Very ill on



THURSDAY

Worse on



FRIDAY

Died on

SATURDAY

Buried on

SUNDAY

That's the end of
Solomon Grundy!

Drill 3:



There was a young lady of Riga,
Who went for a ride on a tiger.
They returned from the ride,
With the lady inside,
And a smile on the face of the tiger.

Drill 4:



As I was going to St.Ives,
I met a man with **seven** wives,
Every wife had **seven** sacks,
Every sack had **seven** cats,
Every cat had **seven** kits;
Kits, cats, sacks and wives,
How many were going to St Ives?



Drill 5:



- A** is an Astronaut, who flies to the moon.
B is Big Ben, about to strike noon.
C is a Century, just one hundred years.
D is a Doctor, who examines my ears.
E is an Emu, the largest of birds.
F is a Farmer, who keeps flocks and herds.
G is a Groundsman, in charge of the pitch.
H is an Heiress, whose father's quite rich.
I is an Island, New Zealand's got two.

J is a Jaguar, that's seen in the zoo.
K is a King, the first in the land.
L is a Lion, whose mane's long and grand.
M is a Miser, who hoards all his money.
N is a Nephew, who eats his aunt's honey.
O is an Orphan, whose parents are dead
P is a Pilot, in the plane overhead.
Q is a Quack, or doctor unskilled.
R is a River, which the rain has now filled.
S is a Soldier, who's gallant and loyal.
T is a Tanker, which brings us our oil.
U is an Urchin, a mischievous boy.
V is a Vandal, who likes to destroy.
W is a Wind, that blows open the door.
X is Expensive, and now we're poor.
Y is a Question, meaning also "What for?"
Z is a Zero, so expect nothing more.

Drill 6:



The Lion, the Lion, he dwells in the waste;
He has a very big head and a very small waist;
But his shoulders are stark and his jaws are grim,
And a good little child will not play with him.

Drill 7:



The Tiger, on the other hand, is kittenish and mild;
He makes a pretty play-fellow for any little child;
And mothers of large families (who claim to
common sense)
Will find a Tiger will repay the trouble and expense.

Drill 8:



Thirty days has September,
April, June, and November;
February has twenty-eight alone;
All the rest have thirty-one,
Excepting leap-year, that's the time,
When February's days are twenty-nine.

Drill 9:



This is the pool the boys made.

This is the hole so wide and deep
That formed the pool the boys made

This is the earth so brown and thick
That came out of the hole so wide and deep
That formed the pool the boys made.

This is the spade so strong and sharp
That dug the earth so brown and thick
That came out of the hole so wide and deep
That formed the pool the boys made.

These are the hands so steady and sure
That held the spade so strong and sharp
That dug the earth so brown and thick
That came out of the hole so wide and deep
That formed the pool the boys made.

These are the children so pleased and proud
Who used the hands so steady and sure
That held the spade so strong and sharp
That dug the earth so brown and thick
That came out of the hole so wide and deep
That formed the pool the boys made.

Drill 10:



The Polar Bear is unaware
Of the cold that cuts me through.
But why? He has a coat of hair.
I wish I had one too!

Drill 11:



I can see the moon
And the moon can see me
God bless the moon
And God bless me!