



February, 2019

Dear Parents / Carers,

Skipping Workshops on Friday 1st and Wednesday 6th March 2019.

I am delighted to inform you that we have invited Skipping Workshops to work with the whole school teaching different skipping skills to every class.

Skipping Workshops have presented demonstrations in over 2000 schools, represented Great Britain in international skipping events and appeared on many TV shows.

Their aim is to encourage children and adults to skip for health, fun and fitness, whilst introducing modern and traditional skipping games including **individual rope tricks, speed skills** and **Double Dutch**, back into the playground. The school supports these aims.

The same high quality '**speed ropes**' as used by the international team, will be on sale after school at a **reduced** cost of **£4.00**. The ropes are made to a high standard, are light and turn easily to allow children and adults to progress rapidly. Colour change solar ropes are **£5**. Adult ropes are also available for older siblings and your personal fitness/weight loss etc. at **£6** each, 4m 'family ropes' at **£7.50** each and 2 x Double Dutch ropes for **£12**. Please put your cash or cheque in an envelope with your child's name and class on; cheques should be made payable to '**Skipping Workshops 3**'.

NB If your child is bringing their own rope to school; please make sure it is clearly labelled with their name!

The classes will take part on the following days:

Friday, 1st March - Classes 4, 5, 6, 7, 8 & 12

Wednesday, 6th March - Classes 1, 2, 3, 9, 10 & 11

Yours sincerely,

Margaret Tait
Acting Headteacher.



Skipping Workshops