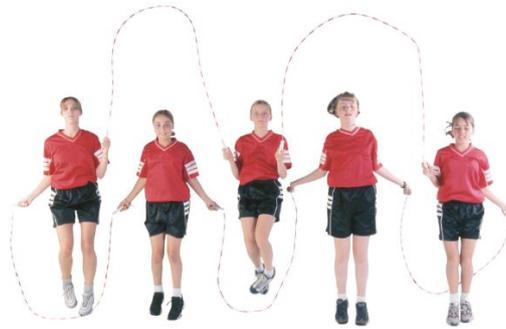




Dear Parents and Carers,

SKIPPING4SCHOOLS IS COMING ON Monday 6th February!

We have invited **Skipping4Schools** to come to school to host a wonderful all day skipping coaching session giving our children the opportunity to learn a wide range of skipping skills.



Sports Skipping for Schools Ltd.

Skipping on a regular basis will help to improve general levels of fitness and, along with the different skipping skills and challenges taught during the day, children will gain new found confidence in their own physical abilities.

Your skipping coach will work with classes of children throughout the day, introducing a variety of skipping skills as well as teaching the power of perseverance! These classes will offer the opportunity to learn something new while still having lots of fun, whether they are beginners or more advanced skippers. **Please ensure your child has their PE kit in school on this day.** We hope that the children will have a great day and will also continue to improve their skills at home as well as at school.

The skipping ropes that the children will be using, are going to be on sale at home-time on the day and for a further period at a special discounted price of £4.00 each; they do cost more via the company website. For parents who may be interested in skipping with their children, which is great encouragement for the child as well as an easy way to exercise at home, adult ropes are also available at a cost of £5.50 each. **Ropes will be on sale ON THE DAY ONLY, please make sure you bring your money in on the day in a named envelope to give to the class teacher in the morning.**

Happy Skipping!



Skipping is **FUNDAMENTAL MOVEMENT SKILL** and develops core stability, coordination and body awareness



Just 5 minutes skipping every day will noticeably improve stamina



Skipping is great for all sports: it improves hand/eye coordination and helps with nifty footwork



Anyone + everyone can skip! To improve, just keep practising and trying your best and you really will make a better skipper!



Try and make up rhymes or skip to music and you'll skip for twice as long!



Once you've got the ropes, let your imagination lead you to the grooviest skipping steps!

