

Dear Parents/Carers,

SKIPPING4SCHOOLS IS COMING ON Tuesday 4th February 2019!

We have invited **Skipping4Schools** to come to school to host a fantastic all day skipping event for our **Key Stage 2 children**, this will give them the opportunity to learn a wide range of skipping skills. A special Skip into February lunch will be provided on the day and will be available to ALL children. This can be ordered in the normal way via the class teacher on the morning.



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 physical abilities.

Sports Skipping for Schools Ltd.

The 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 and resilience! These classes will offer the opportunity to learn something new while still having lots of fun, whether they are beginners or more advanced skippers. 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 **ON THE DAY ONLY** at a special discounted price of £4.00 each and payment should be made via Parentpay by 12noon on Tuesday 4th Feb. 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. **Don't forget - ropes will only be on sale from the coach at the end of the day!**

Happy Skipping!



Anyone + everyone, at any age, can skip! Like anything, to improve, just keep practising and **TRYING YOUR BEST**



Just 5 minutes skipping every day will noticeably **IMPROVE STAMINA**



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



Skipping is great for all sports: it **IMPROVES HAND/EYE COORDINATION** and helps with **NIMBLE FEET**



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!**

www.skipping4schools.co.uk