

Dear Parents/Carers,

Skipping 4 Life day to be held on Friday 19th May 2017

As part of our 'Ready, Steady, Go!' Year, I am delighted to inform you that we have invited "Skippy John" from "Skipping 4 Life" to work with all year groups to teach various skipping skills and then present a "show" to the whole school at the end of the day on the above date.

"Skippy John" (the name Richard Hammond gave him when he appeared on "Total Wipeout") has over 7 years of experience teaching & demonstrating skipping skills in primary schools across the UK.

Skipping 4 Life's aim is to encourage children and adults to skip for health, fun and fitness, whilst promoting modern and traditional skipping games, including **Individual Skills, Partner Skipping, Double Dutch & Long Rope Team Games.**

If children would like to purchase the high quality British made '**speed ropes**' used, they will be available on the day. See below / reply slip for further information.

These ropes, used by international skipping teams are, strong, light and easy to turn to allow children and adults to progress rapidly.

KS1 & KS2 Child Ropes - **£4.00** each

**** NEW ** CHILDREN'S SOLAR Ropes £5.00 each. Indoors the cord is colourless, but once you skip outside it changes to cool deep purple; an excellent gymnastic rope guaranteed to get the children playing out!**

Adult ropes - **£5.00** each
4m 'Family ropes' - **£7.00** each
Double Dutch - **£12.00**.per pair
Street / Team Ropes - **£12.00** each

Yours sincerely,

Ms Quest
Headteacher

Skipping Rope orders

Skipping Ropes will be available to purchase after school from the coach on the day -
Or please complete the slip below and return to school to order your ropes

Child's Name..... Class.....

Would like to purchase children's ropes @ £4.00 each

**** NEW** SOLAR ROPE £5.00 each**

Adult ropes @ £5.00 each..... Family ropes @£7.00 each.....

Double Dutch ropes @ £12 per pair..... Street Ropes @ £12 each.....

I enclose payment of £..... (cash preferred or cheques made payable to "skipping 4 Life" with your child's name and class on the reverse please)

