

## Skipping Workshops - Letter to Parents

Dear Parents

“Skipping Workshops” have presented demonstrations in schools over the past 20 years throughout the UK, as well as in Europe and Ireland. They have represented the UK in international skipping events, and have appeared several times on TV, including on Blue Peter, helping to teach Mr Bean to skip, BBC TV news and SMTV Live. Their aim is to encourage children and adults to skip for health, fun and fitness.

The team coach will work with groups of children throughout the day, introducing a variety of skipping skills, catering for all children from complete beginners to advance skippers.

The gymnastic speed ropes the children (infant or junior) will be using during the day will be on sale at home time at a cost of £4.50 each. For parents who are interested in skipping with their children, or who simply want some useful exercise themselves, special adult ropes are available at a cost of £6.00 each.

The ropes are made to a high standard, are light and easy to turn and allow children and adults to progress rapidly with their new skipping skills. If you would like to purchase a skipping rope for either yourself or your child, please complete and return the slip below.

### Gymnastic Speed Ropes

**Child’s Name**.....**Class**.....

**Would like to purchase**.....**(No) Adult rope(s) and. ....(No) Infant rope(s)**

.....**(No) Junior rope(s)**

**I enclose £**.....