

14th January 2022

Dear Parents/Carers,

Earlier this year the children in years 1 to 6 were visited by a Skip 2 B Fit trainer. They were all given skipping training, completed a 2 minute challenge and were set the challenge to beat their personal best scores.



In order to build on this success we have invested in digital skipping ropes for each class in the school, from years 1 to 6.

Each class will have their own digital skipping rope and timer to use at playtimes/lunchtime.

The aim is to help children develop their fitness, as well as their enjoyment of physical activities, whilst also giving them a sense of achievement as they develop their skill.

In addition, each class will also have a bag containing a **digital skipping rope, timer and instructions** to children to take home and practise.

- Every child will receive a turn to borrow the equipment.
- Please encourage your child to practise during the week using the timer and try to beat their best score over two minutes.
- It would also be lovely to hear about other members of the family joining in and developing their skills.

In order that every child gets a turn, it is essential that all the equipment is returned after one week, in the same condition that it was lent.

Children can then tell the teacher their personal best scores. The objective is for children to beat their own personal best scores, not to compete against others.

We look forward to hearing how everyone is getting on.

Yours faithfully,

Ed Humble – Assistant Head