



School Skipping / Skipping Workshops Ltd

Dear Parents,

School Skipping Event – 8th of January 2026

I am delighted to inform you that the school has invited us, School Skipping, to give the school an introduction to, and a taste of more advanced, individual skipping and long-rope games.

School Skipping has given workshops, clubs and demonstrations in over 2000 schools, represented Great Britain at international skipping events and appeared on many TV shows.

Skipping (or jump rope) is now universally used by professional athletes, not only boxers, for fitness, strength and endurance. It also teaches coordination, cooperation and teamwork. The school supports these aims.

To give you an idea of the sort of skills we will be taught on the day there are videos created by School Skipping at www.schoolskipping.co.uk/onslowinfants/

Please tell your children not to worry if they have not yet mastered the basics. We will take any beginners gently through the initial stages. All the ropes are provided though children can bring their own ropes if they wish.

We will be selling new ropes after school. These have the same specs as the high-quality speed ropes used by the international team and are manufactured locally.

There will also be a trial after-school club to establish interest. It is happening on the day, the 8th of January, and places are limited so please let the school know if you would like your child to participate. The cost is £8 per child.

Remember; skipping is for adults as well and a fun, fuss-free way to get fit. It can be done anytime and anywhere. Skipping in a pair is a skill your child will learn during the day and will be able to teach you. Just ask!

This is a fun but educational and life-enhancing event, and we hope to embed skipping in a child's life to enhance health and fitness now and for the future.

Yours sincerely,

Dan Steward
School Skipping