

26th April 2019

Skip2Bfit Workshop – Friday 24th May

Dear Parent/Carers,

I am writing to share with you that Skip2Bfit will be coming to our academy on the 24th May 2019. Skip2Bfit deliver award winning workshops to schools and in communities to promote skipping as a fitness activity for everybody, by incorporating numeracy with fitness and healthy living. Due to the whole school taking part, children are invited to come to school in their full academy PE kit.



The Skip2Bfit instructors will talk to the children about why it is important to exercise and what happens to the body when you exercise in an assembly. Later on in the day, each class will participate in a workshop in which they'll learn more about the importance of exercise and develop their skipping techniques. To promote the importance of both exercise and healthy living, the children will also be given some fruit. At the end of the day, we will come back together as an academy for a final assembly, in which prizes will be given out to the challenge winners from each class.

On the day, the children will have the opportunity to purchase a Skip2Bfit skipping rope. The Skip2Bfit ropes will be available to buy in the school after the workshop. The ropes are fully adjustable so they are suitable for adults and children and are £5 each.



The Skip2Bfit App is also available to download free of charge and it gives you one free 2 minute track, with motivating voice overs, which you can use to time your two minute skip. The App is available on iPhones and Androids and can be downloaded using the QR code below:-



If you would like to find out more about skip2bfit, please visit their website at www.skip2bfit.com.

Yours sincerely,
Miss Snell

Part of the Greenwood Dale Foundation Trust Group of Academies

