

20<sup>th</sup> March 2025

Dear Parents/Carers,

## Whole School Skipping Day

Regular skipping, for both children and adults, is an incredibly effective way to build fitness and strength. To encourage our children to get physically active, we will be participating in a whole school Skipping Day on Friday 28<sup>th</sup> March. The aim of this day is to give children a taste of how enjoyable this form of exercise can be, along with its health benefits.

### Event Details:

- Date: Friday 28<sup>th</sup> March
- Activities: Each class will spend a total of 30 minutes skipping throughout the day. This will be broken into three 10-minute sessions.
- Participation: We encourage you to support your child in practising skipping outside of school hours.
- Sportswear: children can wear their PE kit to school if they would like to. It will not stop them participating if they choose to wear their school uniform.

Later this year, we plan to hold a Sponsored Skip and include a Skipping Event in our Sports Day. More details will follow in due course!

Please encourage your child to practise skipping at home and look out for further information on our upcoming Sponsored Skip and Sports Day events. We are looking forward to an energetic and fun-filled day.

Thank you for your support in helping us promote a healthy lifestyle among our children.

A handwritten signature in blue ink that reads "D Budge".

Mr D Budge  
PE Lead