Skipping Workshops – Tuesday 17th November 2026

We are delighted to welcome **Skipping Workshops** back to our school for an exciting, active day of skipping. Every class will take part in a fun, inclusive workshop designed to help children learn new skills, enjoy being active and experience the many benefits of skipping.

Skipping is an excellent form of exercise that helps children to:

- Improve fitness, stamina and coordination
- Develop balance, rhythm and concentration
- Build confidence and perseverance
- Learn new individual and team skills
- Enjoy active play during break-times and lunchtimes

Children will be introduced to a mixture of modern and traditional skipping activities, including individual rope tricks, speed skills, partner challenges and Double Dutch. The workshops are suitable for children of all abilities, allowing everyone to take part, progress and experience a sense of achievement.

Skipping Workshops has delivered demonstrations and workshops in more than 3,000 schools and is the UK's longest-established specialist skipping workshop provider, teaching since 1997. It has also recently been named:

Best Inclusive Active Play Workshops Provider 2026 – UK & Ireland
The GHP Active Lifestyle Awards 2026

Families can watch a selection of short instructional videos demonstrating different skipping skills and challenges at: www.skipping-workshops.co.uk/resources

Skipping ropes available to purchase
The same high-quality speed ropes used during the workshops and by the international demonstration team will be available to purchase. The ropes are British-made, lightweight and designed to turn easily, helping children and adults learn and progress quickly.

- Children's speed rope – **£6**
- Children's colour-changing solar speed rope – **£7**
- Adult rope – **£7** Suitable for taller children and adults who would like to use skipping for fitness.
- 4-metre family rope – **£9**
- Double Dutch set (two 4-metre ropes) – **£16**

Ropes will also be available to buy after school. **Cash and card payments will be accepted.**

Pre-orders

To pre-order, please complete the slip below and return it to the school office.

Place the completed form and the **correct cash payment in a sealed envelope, clearly marked with your child's name, class and rope order.**

Ropes can also be purchased online at https://www.skipping-workshops.co.uk/category/all-products, and after school on the day of the workshops.

SKIPPING ROPE PRE-ORDER FORM

Child's name: .....

Class: .....

..... × Children's speed rope at £6 each

..... × Children's colour-changing solar speed rope at £7 each

..... × Adult rope at £7 each

..... × 4-metre family rope at £9 each

..... × Double Dutch set at £16 each

Total payment enclosed: £ .....