

# St Dunstan's RC Primary School

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Dear Parents/Carers

**Skipping workshops are taking place in school on Tuesday 19<sup>th</sup> and Wednesday 20<sup>th</sup> September.**

I am pleased to inform you that we have invited Skipping Workshops Ltd to hold skipping workshop where every child will have the opportunity to learn a complete range of skipping skills on the above date.

Their aim is to encourage children and adults to skip for health, fun and fitness.

The team coach will work with groups of children throughout the day, introducing a variety of skipping skills, catering for all children from complete beginners to advance skippers.

The gymnastic speed ropes the children will be using during the day will be on sale at home time at a cost of £4.80 each. For parents who are interested in skipping with their children, or who simply want some useful exercise themselves, special adult ropes are available at a cost of £6.00 each.

The ropes are made to a high standard, are light and easy to turn and allow children and adults to progress rapidly with their new skipping skills.

Yours sincerely

Mrs G Eccles  
Headteacher