



Cottingham CofE Primary School

Berryfield Road, Cottingham,

Market Harborough LE16 8XY

Head of School: Mrs Niki Delo/Mrs Faye Wason

Executive Headteacher: Mr Ashley Scott

T 01536 771391

E office@cottingham.pdet.org.uk

W www.cottinghamprimary.co.uk

16th September 2024

'Skip 2B Fit'




Dear Parent/Carer,

On **Wednesday 18th September**, the children (and staff!) will enjoy a morning of skipping. Many of the children enjoyed such a day before so I am sure they will enjoy this.

Each class will have a session that will include skipping activities including using the ropes to count the number of skips that they make. At the end of the morning there may well be a chance to have a skip off in front of their peers.

This is another one of our PE/Sports taster days with more days planned to include the popular breakdancing day!! Watch this space for more news. **Please ensure that your child is wearing their PE kit on Wednesday so that they can take part in comfort.**

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 £7 or £9 each, depending on the rope and they both have a counter on them which counts the number of skips you do as you skip. If you would like to purchase one of the items below – **Please send in the correct amount of money in an envelope marked 'Skipping' along with child's name and amount e.g. £9 etc. Ropes available from Thursday – Friday.**

<p>Our New Professional Skip2Bfit Counting Skipping Rope <i>This rope is our latest model. It is made with stronger plastic and has an improved rope. It allows you to skip faster.</i></p> <p><i>This rope is priced at £9.</i></p>	<p>Skip2bfit Counting Skipping rope <i>This rope is the rope we have been selling for the last fifteen years.</i></p> <p><i>This rope is priced at £7.</i></p>	<p>New Skip2bfit Fit pack <i>This pack contains a professional rope, a Skip2bfit foldable water bottle, bag and 2 skip2bfit wrist bands.</i></p> <p><i>This pack is priced at £12.</i></p>
		

The Skip2Bfit Web App is also available free of charge. It gives you a free 2-minute track, with motivating voice overs, which you can use to time your two-minute skip. We are also developing a free HIIT Track which lasts for 8 minutes, where you skip for two minutes and rest for one minute and repeat this 3 times. Keep an eye on the web app for this update.

To access the web app, please go to app.skip2bfit.com on your phone or pc. This can be added to your home screen on your phone, so it runs like a normal app. Ropes etc can also be purchased via the website www.skip2bfit.com at a slightly higher cost than above.

Skip2Bfit helps to demonstrate that if you practice you can improve. It is a practical example of a Growth Mindset. It also has the added benefit of encouraging everybody to exercise.

We look forward to seeing the children enjoy their morning of skipping.

Yours Faithfully,

Mrs Lloyd

