



Sir John Cass's Foundation  
Primary School  
Headteacher: Miss A Allan

Tuesday, 29 October 2019

### **Who is this letter for?** Year 1 to Year 6

Starting on Monday 4<sup>th</sup> November we will be running an initiative to encourage children to be physically active by skipping first thing in the morning. It is called the Daily Skip.

### **Why have we chosen for the school to do skipping?**

Skipping is a full body workout. It uses your abdominals to stabilise the body, legs for jumping, shoulders and arms for turning the rope. Skipping Improves coordination, stamina and focus and just 10 minutes of skipping is believed to be the same as a 30 minute run.

### **The format is simple, yet effective:**

Children are invited to skip for ten minutes in the school playground with other members of their class. Parents and guardians are also welcome to join in, however due to the size of the skipping ropes we ask that parents and guardians provide their own skipping ropes.

- The children will Skip or jump with ropes for 10minutes.
- Start time 8.35 am,
- Finish time 8.45am.

Children can be challenged to count their skips and note them down after each session to see the improvement they make over time. The benefits of being active are enormous. Healthy, physically active, happy children perform better than their inactive peers, so we hope you can join us.

- Mondays: Year 1 and Year 2 (Children & Parents)
- Tuesdays: Ironmongers and Carpenters (Children & Parents)
- Wednesdays: Year 4 and Year 5
- Thursdays: Year 6

Just turn up to take part. If your child attends breakfast club, they will take part in the daily skip on their year group's day, as a part of the early morning provision.

We look forward to seeing as many of you there as possible!

Kind regards

Mr J Pogson

PE and Sports Coach

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