

Dear Parents/Guardians,

Jump Rope UK will be visiting St Vincent's School on 22<sup>nd</sup> September.

Jump Rope UK is a company who teach jump rope skills in schools. We will be teaching basics of skipping with single rope jumping, single rope skills such as straddles, crosses, side swinging and push-ups. We will also be teaching some long rope skipping.

Jump Rope is a fantastic fitness tool for all ages. Teaching primary school age skipping basics and technique helps with all forms of fitness and activities throughout their school years. It teaches, balance, coordination, cardiovascular, agility, flexibility, and stamina. 10 minutes of skipping is equivalent to a 30-minute jog.

The session will consist of the coach explaining where he is from and the basics of jumping and proper technique. Then we will move into some basic skills and end on partner/long rope skipping games and skills all which can be used in the playground or at home for fun.

If you would like to know more about our company, please visit our website [www.jumpruk.com](http://www.jumpruk.com) or follow us on Instagram @jumpropesisters or @Jumpruk to see some of the impressive tricks and skills you can do with a jump rope.

We also have ropes for sale on the day. If your child would like to buy a rope, please bring the correct change into school with an envelope with your child's name and class. Our coach will stay behind after the sessions to sell ropes to the children.

Here are our rope options on the day:

**PVC Rope - £6**

**Beaded Rope - £7**

**Rope sizes -**

7ft (for age 4-7)

8ft (for age 8-12)

9ft (for 13 years and older)

10ft (for adults over 6ft)



BEADED ROPE EXAMPLE



PVC ROPE EXAMPLE

If we find that we run out of the rope that your child would like on the day, we will add it to our order form, take the money and post the rope to the school the following week.

We hope your child has a fantastic day learning skipping with our coach!

Kind Regards, Rachael Rollisson