

SKIPPING WORKSHOP

Monday 14th February



Organised by popular request following a similar workshop last year, the children thoroughly enjoyed their day with Jamie in the school hall. The younger children learned the basic skipping skills while the older children practised a variety of jumps and paired arrangements. A long rope was used to enable lots of children to run in and out and skip together.

Quotes from the children:

Misha, Reon and Thiago particularly liked the “butterfly” where they took the handles of each others’ ropes and skipped together.

Oskar: “I enjoyed “keep the pot boiling” where we had to follow each other in and out of the long rope without missing a beat”.

Sean: “It was good fun seeing how many we could get in the long rope skipping at the same time!”



Kieran liked “double dutch” where two long ropes were turned towards each other simultaneously. “I liked doing that at the workshop”, he said, “because the rope turners were good and didn’t make mistakes. That makes it a lot easier to jump”.

Lots of the girls enjoyed skipping the “pretzel” and could even do this backwards! Delise really enjoyed learning to do this – it’s hard!

Faith: “It was all good fun because we learned to work well as a team – and it’s a brilliant way to keep fit!”



When we asked Tyler what he enjoyed the most his reply was simple: “EVERYTHING!!”



At the end of the school day Years 5 and 6 gave the rest of the school a demonstration of what they had learnt, and then other children joined in an afterschool club where they practised even more steps and jumps together.

Our next skipping activity will be a skipathon for ADRA which will be held on National Skipping Day – Friday 1st April. We will shortly be sending out forms for the children to share with family and friends to raise money for the excellent work that ADRA are doing, particularly with flood victims at the present time. On the day everyone is invited to come to school to watch the

children present their skipping skills. See you then!



Some more Pictures.

