



# Jennett's Park CE Primary School

Head Teacher: Mrs Elizabeth Savage  
3 Tawny Owl Square,  
Jennett's Park, Bracknell RG12 8EB  
T: 01344 301269

[secretary@jennettpark.bracknell-forest.sch.uk](mailto:secretary@jennettpark.bracknell-forest.sch.uk)

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## RE: Skipping Workshop

Dear Parents/Carers,

### SKIP2BFIT

I am pleased to inform you of an amazing Skipping workshop that has been booked for all the children at Jennett's Park Primary School from Reception- Year 6.

On Monday 23<sup>rd</sup> and Tuesday 24<sup>th</sup> November a skipping instructor will come into the school to talk to the children about why it is important to exercise. They will also show the children how to do a basic skip. Once the children are then warmed up they will be completing lots of skipping activities in their session. The children will be motivated by music which will indicate to the children when to start and stop skipping.

Each class will have a 30 minute session with the instructor as well as engaging in a range of activities and skills.

In order to fund the skipping workshops we do ask for a voluntary contribution of £2.50 per child. This payment can be paid via Squid by Monday 16<sup>th</sup> November.

Please read the letter carefully to see what day your child will be completing the skipping workshop. Please can you ensure your child has their trainers in school for their set day otherwise they will not be allowed to participate in the session.

**Monday 23<sup>rd</sup> November-** The classes completing the skipping workshop on this date will be- Robins, Woodpeckers, Stonechats, Whinchats, Canaries, Yellowhammers, and Parakeets.

**Tuesday 24<sup>th</sup> November-** The classes completing the skipping workshop on this date will be- Greenjays, Macaws, Kingfishers, Mockingbirds, Peacocks, Sabrewings, and Sunbirds.

If you have any questions please do not hesitate to contact me.

Kind regards,

Miss M Knowles  
PE subject Lead

