



30th April 2024

Dear Parents and Carers,

We are excited to let you know that on the 10th and 11th June we will be welcoming the Skipping School to Park Grove.

Each class will take part in a skipping session on one of the days with the Skipping School coach. They will learn a wide range of skipping techniques including 'Cross Over', 'Side Swing', 'Face to Face', 'The Pretzel', 'Side by Side' and 'Double Bouncing'.

The school's motto is 'Fitness through Fun - for everyone!' Their skipping activities range from solo skipping routines to face-to-face skipping and partnership skipping which can be a great focus for playground games. The great thing about skipping is that it's inclusive. Skipping School teaches skills that will last a lifetime, and lay the foundations for improved self-esteem, better health and greater fitness.

Skipping will form the basis of this year's Park Grove sponsorship event. More details about this will follow. We are excited for the children to utilise this skill for our annual money raising event.

Best wishes,

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PE Leaders

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