

Wednesday 26<sup>th</sup> June 2024

**Skip2bFit Workshop**

Dear Parent/Carers,

I am writing to inform you of some exciting news. We have organised a Skip2bfit workshop for all the children of Enfield Heights Academy on **Wednesday 10<sup>th</sup> July 2024**.

Skip2Bfit Skipping Workshops are unique skipping workshops which are about motivating the children to succeed, whilst at the same time encouraging them to exercise.

They are completely unique as they use specially designed skipping ropes with counters. The ropes are also adjustable so each rope can be personalised to the child, unlike other ropes.

The ropes also have electronic counters that are used to motivate the children to exercise and achieve their Personal Best.

Please send your child into school on **Wednesday 10<sup>th</sup> July 2024** in their PE kit.

Kind Regards,

Mr J Brown  
PE Lead  
Enfield Heights Academy