

1st February 2021

Dear Parents and Carers

Firstly, I hope everyone has had a relaxing weekend.

In these uncertain times, it is important that all children are active, not just with their school work (especially maths and English) but also by looking after their mental health and physical well being. In order to address the physical side, our school has purchased 500 skipping ropes - one for every pupil at DJS.



On Wednesday, we are launching a link with a local company called:

Children will have access to a link (on their Google Classroom) where they can access a video that will introduce the concept. Here is the first of many videos: https://youtu.be/aQCJo_Qgo0c

The children will get access to 2 videos each week; the first video is linked to SKIP2BFIT and the second is based on circuit training. The children will be taught how to skip and will be shown various ways of skipping which will help to improve their own fitness in a fun way. Music is available on the Skip2Bfit Free App which is linked to the 2 Minute Challenge, or you can just follow the music on the video.

We encourage children to send their results to their class teacher on a Friday via a Google form which will be set up for them, and they will be able see how their fitness improves over the weeks. Scores can be submitted for every day or just on the 2 days that children watch the video.

The skipping ropes, which will be loaned to the children, are special ones with counters on. Ideally we would like all children to borrow one. They can be collected from school on Wednesday afternoon between 12pm and 3pm, just outside the main reception area. Please ensure that adults coming on to the school site wear a face mask and follow social distancing guidelines. Thanks.

Children who are attending school will be given a rope to bring home on Wednesday. If your child doesn't attend every day but is coming to school on Thursday or Friday, we can give them their rope then if you'd prefer.

Please support this new initiative by encouraging your child to participate. You may even wish to have a go yourselves!!

Happy skipping and please stay safe.

Mr AJ Inns
PE Subject Lead