

SKIP²BFIT



- Skip2bfit workshops see every class in the school
- Very easy to fund using the skip2bfit '1p a skip fund raise', as the skipping ropes count the number of skips
- Case studies proving that skip2bfit raises standards in schools by intrinsically motivating pupils
- Making children **responsible** for their own improvement using the unique skip2bfit counting rope
- Intra-school competition leading to inter- school competition
- Virtual leagues easy to set up
- Fresh blueberries given out to all children and staff to encourage healthy eating
- Motivates children to exercise
- Cross curricular and sustainable
- The only workshop offering the complete package delivered with passion and enthusiasm
- Strong male role model instructors
- Youth Sports Trust National Recognition Award Winners

"It was a **FANTASTIC** day enjoyed by all .Our school is still buzzing from the event. Children are busy in the playground trying to improve their scores everyday . I would definitely recommend 'Skip 2 B Fit' to any school!"

Vicky Tonkin, PE Coordinator Roche Primary , Cornwall, December 2010



'SPORTING START'

Skip2bfit-An innovative approach to skipping linking skipping with numeracy and goal setting



'SPORTING CHANCE'

Skip2bfit-Giving everybody a chance to take part and achieve



'SPORTING BEST'

Skip2bfit-Everybody has the opportunity to achieve their personal best using the Skip2bfit digital ropes



" The Skip2Bfit programme is an outstanding way for the children (and staff come to that!) to experience success. It really helps them to focus and persevere. Obviously, this has a knock-on effect in accelerating their progress across the curriculum. The children relish the challenge to set and achieve targets because they have experienced the Skip2Bfit concept that gives every child that "Yes" feeling." Heidi Taylor, Headteacher, All Faiths' Children's Community School , Strood.



Skip2bfit® Skipping Workshops

Skip2bfit® workshops offer back to back lessons throughout the day for the whole school promoting skipping as a healthy activity where every child is involved.

Cost of one day workshop is £380 and includes:-

- 80g of fresh superfood blueberries are given to each child and all school staff in a recyclable box*
- Very easy to arrange a '1p a skip' fund raise on the day
- Double sided colour leaflet on blueberries and healthy living for every child
- Prizes for top skippers and best effort
- Final whole school assembly to hand out the prizes and reinforce the skip2bfit® message
- All inclusive by using the blueberry bounce ball
- All instructors fully trained , insured and

Skip2bfit® Kitbags

The skip2bfit kitbag makes the skip2bfit programme sustainable in the school .

The cost of a kitbag is from £200 each and contains:-

- 50 skip2bfit digital ropes
- 1 skip2bfit CD with 12 two minute timed tracks
- Instructional DVD
- 3 polo shirts
- 3 A3 laminated challenge charts
- 1 set A4 teaching cards
- Access to 6 week healthy eating lesson plan
- 1 embroidered kitbag
- Certificates on PDF card



Skip2bfit kitbag also available in Tesco for Schools Scheme

To book phone us on 0845 4630 056 or e-mail on info@skip2bfit.com or tear off and complete the form below

| | |
|----------------------------|--|
| Name of School | |
| School Phone Number | |
| Preferred Date for booking | |

Contact Details:-

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