



## 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 £420 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
- Helps to develop a GROWTH MINDSET
- Certificates for all top skippers and 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 CRB Enhanced checked



## 2B the best YOU can B

- Youth Sport Trust National Recognition Award Winners
- Skip2bfit workshops see every class in the school with all the children taking part in the 2 minute skip2bfit Challenge.
- Many schools fund using **PE & School Sport Funding**.
- 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 to monitor their improvement in the Skip2bfit Challenge.
- Helped schools achieve **OUTSTANDING from OFSTED** for Personal Development

Many schools now doing a daily 2 minute skipping challenge and recording the improvements in the score as a whole school impact



Results Driven Skip2Bfit Visual Classroom Progress Chart

"Never before have I seen so many children completely addicted to one sport. Skipping has taken our school by storm. Children who had never picked up a rope have improved their performance beyond their wildest dreams. Children are competing against their own goals and are thrilled when they see the results." **Claire Spire**s, the Headteacher from Barnsbury Primary School and Nursery

## Skip2bfit® Kitbags

The skip2bfit kitbag makes the skip2bfit programme sustainable in the school. The cost is £295+ VAT or £375+ VAT depending on the ropes included in the bag.

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

# Parent-Pupil BOX<sup>2</sup>BFIT<sup>®</sup>

## A FUN NEW EXERCISE PROGRAMME FOR PRIMARY SCHOOL CHILDREN AND PARENTS

- Up to one hour fun circuit sessions throughout the day all to timed highly motivating music
- Using medicine balls, fitness mitts, skip2bfit ropes and blueberry bounce balls
- Can be used for both curriculum time PE and after school parent/pupil activity for parental engagement
- CPD training provided on the day- up skilling teachers to deliver a fun non-contact circuit
- All instructors fully insured and DBS checked

### Parent/Pupil Box2bfit Kitbag

The Parent/pupil Box2bfit kitbag gives you the resources to continue with this fun fitness programme after the workshop. The cost of the kitbag is £650 + VAT and contains:-

- |  |                              |
|--|------------------------------|
| 6 leather fitness pads                   | 6 Leather Fitness mitts      |
| 4 2kg leather medicine balls             | 8 3kg leather medicine balls |
| 50 skip2bfit ropes                       | 6 blueberry bounce balls     |
| 1 Box2bfit CD                            | 1 box2bfit Explanatory DVD   |
| 15 station cards                         | Embroidered bag on wheels    |
| 1 Explanatory card                       | Record sheet on pdf          |
| 1 A1 Laminated Bunny Hop Challenge Chart |                              |



"120 Key stage 2 children, a whole lot of sweat and smiles, but no blood and tears! The whole of our KS2 had a fantastic time participating in Box2bfit workshops with John McCormack. Each class took part in an hours circuit and was focused, motivated and 100% on task for the whole time. The fitter, more able students were stretched ( literally) and those students who sometimes find PE less easy to access were able to take part at their own level. Even the staff were motivated to take part, some being a little more competitive than others!"

**Richard Sanders, PE Coordinator, All Saints Primary School, Hertfordshire**



To book phone us on +44 1843 603020 or e-mail on [info@skip2bfit.com](mailto:info@skip2bfit.com) or tear off and complete the form below

|  |   |
|--|---|
| Name of School                                 |   |
| School Phone Number                            |   |
| Preferred Date for booking                     |   |
| One Day workshop £420 <input type="checkbox"/> | Day & Skip2bfit Kitbag <input type="checkbox"/> |
|  | Day and Box2bfit bag <input type="checkbox"/>   |

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**Book both workshops and get 10% Discount**