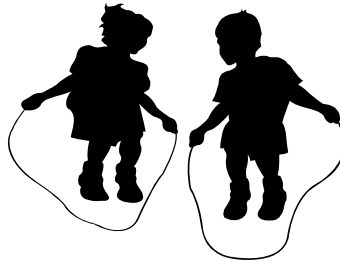


Skipping Workshop



There are thousands of skipping skills that can be developed using a variety of rope types and groups of participants. This workshop will give you the basic skipping knowledge you need to be able to deliver a skipping programme to meet the needs of the different ability levels and skills of primary age participants. You will learn basic turning, single and double footwork skills, synchronized skipping, sharing ropes, 2 in 1 rope, long ropes, umbrellas, triangles, rhymes and much more. A full set of handout notes will be provided.

This is a largely practical workshop and whilst there is no pressure for you to participate in the practical elements it is hoped that as many of you as possible will partake in the activities. This course is free and aimed at teachers, parent volunteers or community groups who want to enhance or develop skipping with primary age children.

Please contact me for details of the next workshop

*Whilst there will not be a crèche available, your primary age children are welcome to attend and will be called upon during the practical elements of the workshop.

If you would like to attend this workshop, please complete and return the tear off slip below to:

Abigail Hay
Active Schools Co-ordinator
Education & Recreation
Gordon House
Blackhall Road
Inverurie
AB51 3WA

Email: abigail.hay@aberdeenshire.gov.uk Tel 07823536227

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Skipping Workshop

School/Group

Your Name

Telephone number

Email address or postal address

Number and age of primary age children you wish to bring with you? Number Age