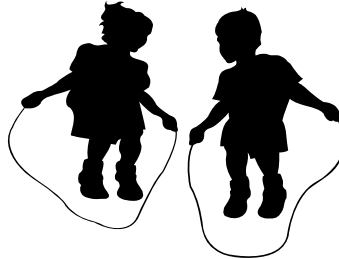


Skipping workshop



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 course is free and aimed at teachers, parent volunteers or community groups who want to enhance or develop skipping with primary age children.

Wednesday 9th April 2008
4-6pm
Mintlaw Academy

*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:
(this can be sent via your school)

Patricia Brown
Active Schools Co-ordinator
Central Buchan Community Centre
Station Road
Mintlaw
AB42 5FN

Email: patricia.brown@aberdeenshire.gov.uk Tel 01771 622254

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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