



St Joseph's Catholic Primary School  
Diocese of Clifton

Inspiring everyone to **REACH** through  
**Faith, Hope, and Love**



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Headteacher: Mrs Clare Howells

Dear Parents and Carers

11<sup>th</sup> July 2025

**Skipping 4 Life day to be held on Monday 14<sup>th</sup> July 2025**

I am delighted to inform you that we have invited "Skippy John" from "Skipping 4 Life" to work with all year groups to teach various skipping skills and then present a "show" to the whole school next Monday.

"Skippy John" (the name Richard Hammond gave him when he appeared on "Total Wipeout") has 20 years of experience teaching & demonstrating skipping skills in primary schools across the UK.

Skipping 4 Life's aim is to encourage children and adults to skip for health, fun and fitness, whilst promoting modern and traditional skipping games, including **Individual Skills, Partner Skipping, Double Dutch & Long Rope Team Games.**

If children would like to purchase the high quality British made '**speed ropes**' used, they will be available on the day.

These ropes used by international skipping teams are, strong, light and easy to turn to allow children and adults to progress rapidly.

KS1 & KS2 Child Ropes	<b>£5.00</b> each
Adult ropes	<b>£6.00</b> each
4m 'Family ropes'	<b>£8.00</b> each
Double Dutch	<b>£15.00</b> .per pair
Street / Team Ropes	<b>£15.00</b> each

Yours faithfully  
**Clare Howells - Head teacher**

**Skipping Ropes Sales**

Skipping Ropes will be available to purchase after school from the coach on the day. **Or please complete the slip below and return to school to order your ropes.**

Child's Name ..... Class.....

Would like to purchase ..... children's ropes @ £5.00 each .....

Adult ropes @ £6.00 each..... Family ropes @£8.00 each .....

Double Dutch ropes @ £15 per pair..... Street Ropes @ £15 each.....

I enclose payment of £..... **(CASH ONLY)**

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