

Upper 2 leap into action for Prep skipping day



Upper 2 were full of energy and enthusiasm as they took part in their skipping day session this week. The pupils embraced the challenge with smiles on their faces and ropes in hand, showing real determination as they built on their their skipping skills from last year.

The session began with a focus on double bouncing, both forwards and backwards, helping the pupils to develop rhythm and coordination. Once confident, they moved on to straddle skipping, again practising in both directions. It was fantastic to see their confidence grow with each try, and many pupils were quick to master these more technical skipping techniques.

In addition to improving their individual skills, the pupils were also introduced to a range of fun skipping games that they can now enjoy at playtimes, encouraging teamwork and helping to keep everyone active.

Well done Upper 2 for approaching the day with such enthusiasm and effort.

Mr Mike Arnold and Mr Matt Chandler