



We are having a Skip2Bfit workshop in the school today. Skip2Bfit uses counting skipping ropes to motivate everybody to exercise by challenging them to take the 2 minute Skip2Bfit Challenge.

The Skip2Bfit ropes will be available to buy in the school after the workshop. The ropes are fully adjustable so they are suitable for adults and children and are £5 each.

The Skip2Bfit App is also available to download free of charge and it gives you one free 2 minute track, with motivating voice overs, which you can use to time your two minute skip.



Skip2Bfit helps to demonstrate that if you practice you can improve. It is a practical example of a Growth Mindset. It also has the added benefit of encouraging everybody to exercise.

The App is available on iPhones and Androids and can be downloaded using the QR code below:-

