Jump Rope Club with Mrs. Welch

Mrs. Welch will be offering Jump Rope Club to all students in grades 1-8th. The start date will be Monday, March 4th. This will be a 6 week session, ending with a presentation of skills for our Barnard community. Sign up for Jump Rope Club starts on Monday, January 29th and ends on Thursday, February 29th. Please return the attached page and return it to school.

The goal of Jump Rope Club:

● is to introduce my students to this amazing lifetime fitness activity!
● promote physical activity and encourage movement opportunities with the jump rope.
● provide different themes for each session date, including goal setting, effort, endurance and persistence.

♥I have been running Jump Rope Club at Lincoln Akerman School for 14 years. I am thrilled to be able to offer this to my students at Barnard School.

♥Students will be able to work on single rope skills, partner skills, long rope skills and an introduction to double dutch jumping. It will be a great opportunity to exercise after school, spend time with friends and learn new skills with the jump rope.

♥If you are interested, please fill out the attached form and return to Mrs. Welch by Thursday, February 29th. Listed below are the dates that the Jump rope Club will take place.

Monday, March 4th - after school till 4:00 pm
Monday, March 11th - after school till 4:00 pm
Monday, March 18th - after school till 4:00 pm
Monday, March 25th - after school till 4:00 pm
Monday, April 1st - after school till 4:00 pm
Monday, April 8th- after school till 4:00 pm
Monday, April 15th - VACATION week, no club
Monday, April 22nd - after school till 4:00pm
Monday, April 29th - Presentation of Skills (3:00-4:00pm - family, friends and staff)
Permission FORM (must be filled out to participate in Jump Rope Club)

Please fill out all the information below and return to Mrs. Welch at school:

Name of student: _____________________________________________________________

Grade: ________________

Teacher: __________________________________________________________

Parent email: ___________________________________________________________

Parent contact phone number: ______________________________

Additional contact name/phone number: _________________________________

Parent signature ________________________________________________________