

FREE 5 minute workouts

Improve your
physical and
mental wellbeing
fast with *Skip5*

[FIND OUT ABOUT SKIP5](#)

What's Dan the Skipping Man® *Skip5*?

- 5 minute skipping workouts by Dan the Skipping Man®
- Perfect for a PE or sports warm up
- Delivered in school halls using your projector
- Simple for the whole class & explained to the teacher
- Creative but simple
- Quick, concise exercise for your classes
- A great introduction to Dan the Skipping Man®

Rope Sets

To deliver the Skip5 some schools may want to purchase great quality, British made ropes, enough for each class member. These have been proven to last years and provide the perfect resource to back up the [Dan the Skipping Man® free YouTube Channel](#).

Packs come in 3 different sizes – Key Stage 1, Key stage 2 and Adult (senior schools)

Packs include:

30 childrens ropes

1 pair of Double Dutch

1 adult rope

Dan the Skipping Man® bag

SAVE £10 PER PACK USING
CODE DTSM18 NOW!

Want a more premium option?

You can have a Dan the Skipping Man® visit at your school to inspire and motivate the children, whilst teaching them the skills and techniques that can help everyone to skip.

Dan the Skipping Man® Days are:

The perfect way to increase mental and physical wellbeing across the school

Inspire all including special needs and disabled children

Help develop resilience and perseverance

Classes for all & a whole school show

BOOK US TO COME TO YOUR SCHOOL IN 2018

Testimonial

We've had a lovely testimonial from the head teacher of Buckingham Primary School in Hampton, Caroline Boyle

Contact Us

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