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Product Name :

Skipping Rope, Polyester, 3m

Product Code :

SLE/PE/07



Description :

Skipping Rope, Polyester, 3m (Product Code: SLE/PE/07) is a handle-free woven rope used for individual skipping, warm-ups and fitness sessions in school physical education. Each rope is 3 m long and 1 cm in diameter, tightly woven from eight strands of soft polyester and heat-sealed at both ends, and its soft texture allows several ropes to be tied together for group games. It is manufactured by **Jain Scientific Equipments Pvt Ltd (ScienceLab)**, Ambala, India.

Specifications

Parameter	Detail
Length	3 m
Diameter	1 cm
Material	Soft polyester threads divided into eight strands, tightly woven
Handles	None – heat sealed at both ends
Colours	Pack includes ropes of assorted colours
Intended use	Individual rope skipping; several ropes can be tied together for use by several children
Estimated weight (as listed)	0.925 kg
Product code	SLE/PE/07
Manufacturer	Jain Scientific Equipments Pvt Ltd (ScienceLab), Ambala, India

What Is the Skipping Rope Used For?

Skipping builds stamina, rhythm and quick footwork in a short space of time, which is why many PE teachers use it as a warm-up or as one station in a circuit. Pupils start with a single bounce per turn of the rope, then progress to alternate-foot steps, skipping on the spot while counting, and timed challenges where each child tries to beat their own score.

Because the rope has no handles, pupils simply wrap the ends around their hands to shorten it until the rope just clears their feet – a quick way to fit one rope length to children of different heights. For long-rope games, tie two or more ropes together, let two children turn, and have the rest of the group run in and jump in turn.

What to Specify When Ordering

- The total number of ropes you need, for example one per pupil in your largest PE class.
- How many packs that means – ask us to confirm the number of ropes in each pack.
- Whether you want extra ropes for tying together in long-rope group games.
- Any colour preference, noting that the pack is listed with assorted colours.

Manufacturer

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