

HOSTING AN INCLUSIVE JUMP ROPE for HEART

PRESENTERS: Carol Baitz, Russell Beilke and Nancy Robinson

HOSTING/FORMATES: Share formate timelines.

Hold event during PE Classes:

- JRFH Unit that include fitness and health curriculum, fitness testing, jump rope skills and end with a JHF event in PE classes.
- Stations, games, races, group activities, last person standing, team jumping (some members jump and others time or count).

In-school Performances:

- JRFH Unit that includes fitness and health curriculum, pedometers and jump rope skills and culminates in an all school performance.
- Field day activities for the JRFH event – hold it on the last day of school, collect \$\$ and awards in advance to the event.
- Combine schools and host a large event together – have older students from middle and high schools help younger students.
- Do a large (all school or district) event leading into a school vacation.

After School or Away from School Performances:

- Do an after school or evening performance and have students invite the people who donated to their cause and invite family, relatives and neighbors to attend.

BENEFITS OF HOSTING JRFH EVENT:

1. Heart Healthy – promotes fitness and health education around heart healthy habits.
2. Help the community – empower students by doing for others. They may help someone they know.
3. Build school community.
4. All student's have an opportunity to SHINE!!!!
5. Sensory Activity that can benefit all students.
6. Raise \$\$\$ - for AHA, School PE equipment, VtAHPERD, AAHPERD around the areas of research, education, technology and prevention.

SHOW EVENT KIT and WHY GIFTS:

The gifts are NOT prizes, but a thank you gift from the people children have helped by raising money to support a education and research for their disease.

INCLUSION:

Equipment that promotes inclusion:

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|---------------------------|-----------------------|
| Hoppity Hop Balls | Chinese Jumping Bands |
| Lines on the floor | Tinkling |
| Physio/exercise Balls | Skip – Its |
| Helicopter Wands | Long Climbing Rope |
| Hula Hoops | Mini Trampoline |
| Hop Scotch | Low Hurdles |
| Short and Long Jump Ropes | |

Activities that promote inclusion:

- Swinging long rope and add jumping in place while swinging rope.

- Bouncing on hoppity hop or exercise balls. Do an aerobic/balance routine to music while bouncing on exercise balls.
- Hula hoops instead of jump ropes for jumping – swing around you.
- Hula hoop – lay on floor and jump in and out of – try different directions.
- Jump on a mini trampoline – holding bar or person or without holding anything.
- Helicopter wands – swinging yourself or have a group jump over one long rope that a classmate turns as a large helicopter.
- Lay jump rope on the floor or use a line on the floor to do jumping activities (ski jumps, star jumps, scissor jumps, etc.).
- Lay a jump rope on the floor or use a line on the floor and have a person sit parallel to the line and using their hands – lift their bottom back and foot over the rope from one side of it to the other – don't worry about the legs, they will help support the body.
- Long Climbing Rope (long enough for the whole class – students can run through the rope, swing the rope, jump in the rope, etc.)
- Long jump ropes – Ocean Waves, Snake, Pendulum.
- Wheelchair – two other students on either side of student and walk/roll forward while outside students swing the rope.
- Stepping over ropes or lines on floor if can't swing.
- Jump and swing rope on side.

Teaching strategies for activities students really enjoy:

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|--|--------------|
| Monkey | Helicopter |
| Crosses | Squat Jumps |
| Double Unders | Mule Kicks |
| Lasso Jumps – Push-up/Sitting | Double Dutch |
| Two person jump – one person swing | Egg Beater |
| Two people jump – side by side – each hold one handle to swing | |

SHARING OF IDEAS: Attendees can share ideas for JRFH Events and Jump Rope Skills.

RESOURCES:

- AHA – Russell Beilke (Russell.beilke@heart.org)
- Pangrazzi – Dynamic PE Text has great progressions for teaching jump rope skills.
- Websites – For Teachers:
 - www.americanheart.org/jump
 - www.HealthierGeneration.org/schools/wellness
 - www.americanheart.org/healthierkids
 - www.aahperd.org
 - www.healthychoices.org
 - www.bam.gov.teachers/index.htm
 - www.health.discover.com
 - www.kidsnutrition.org
- Websites – For Students:
 - www.kidshealth.org
 - www.healthyfridge.org
 - www.nutritionexplorations.org/kids/main.asp
 - www.mypyramid.gov/kids/index.html
 - www.ban.gov