

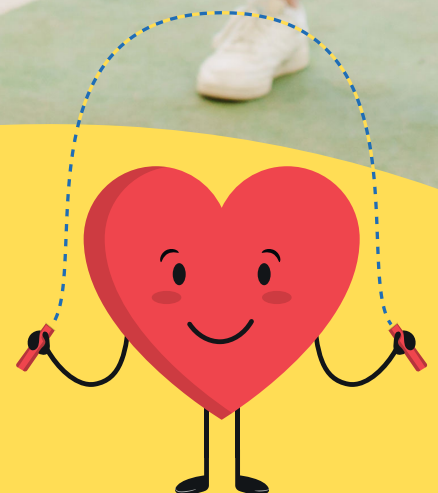
Fit, happy and confident kids

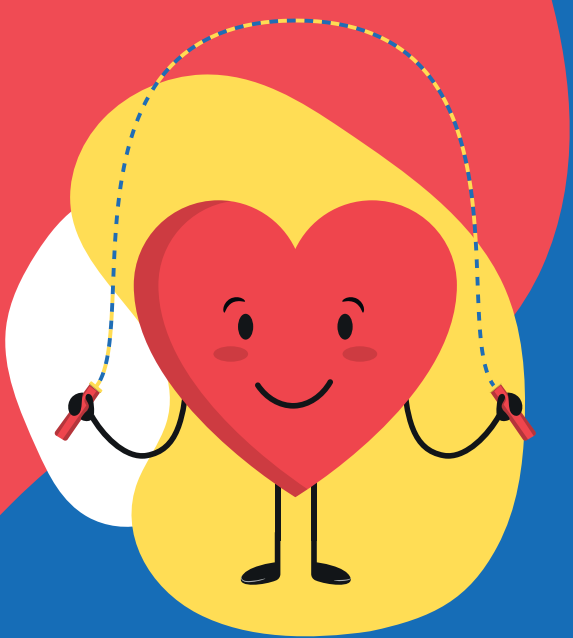
Being active is one of the most important ways that children can improve their health and wellbeing.

Unfortunately, two in three primary school-aged children don't meet the recommended daily requirement of 60 minutes of physical activity. It's a trend that can lead to them being at a greater risk of heart disease as adults.

That's where Jump Rope for Heart can help your school.

The Heart Foundation's ready-made skipping program helps primary school students move more and have fun, while they raise funds for heart research, patient support and programs that help save lives. It's all about helping your students get the exercise they need and learning about the importance of heart-healthy behaviours while giving back and helping to save Australian hearts.





Inspiring healthy hearts in primary schools; all for one incredible cause

How it works

The basic program is five weeks of activities, including regular skipping sessions (usually during PE class and/or recess or lunch) and other health-focused initiatives, both in and out of the classroom.

At home, students log their skipping progress and seek donations on a secure online portal, as they practice their new skipping skills leading up to the final school-wide celebration (we call this a 'Jump Off Day').

There's a lot of flexibility built into the program, which means you can tailor it to suit your school's needs and schedule. When you register, we'll supply you with all the resources you need to get started.



The Basic Five-Week Program

For teachers running the program for the first time, or those who are squeezing it into a busy schedule, the Basic Five-Week version of Jump Rope for Heart helps make it easier to get students moving.

The program is simple and includes:

- An easy-to-run fundraising and skipping challenge
- Just one action and activity each week
- All fundraising managed online
- Ready-made resources to run a successful program



Resources for your school

Here's what you'll get when you sign up:



New curriculum aligned and engaging education modules.



Free resources including skipping ropes, lesson plans and printed materials to help you run the program your way.



An online teacher portal that guides you through the program, where you can track student statistics, logged skipping time and funds raised.



Safe and secure online fundraising pages for students, meaning there's no cash handling or paperwork for you plus we take care of updating and engaging parents once they register.

Skipping: the perfect exercise for young hearts

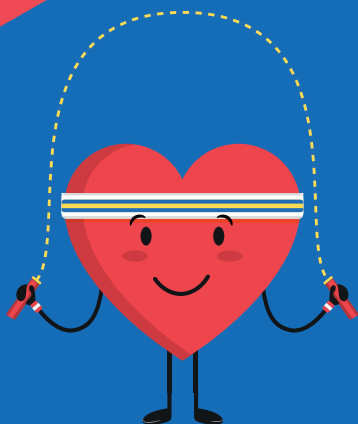
Skipping is an easy and highly effective way to help kids increase their aerobic activity levels, as well as muscle and bone strength.

Here's why:

- Improves heart health and aerobic fitness
- Improves bone density, muscle strength and coordination
- Improves cognitive function
- Burns lots of energy and helps maintain a healthy weight
- Requires minimal equipment, which keeps it affordable
- Takes up minimal space – perfect for small school playgrounds
- It's fun, non-competitive and a great social activity for kids of all ages

"I didn't realise how much kids love skipping. They've been so enthusiastic at learning new tricks, working together and of course getting fit at the same time. Jump Rope for Heart is such a great way to engage kids in exercise and keeping fit! Love it."

- Joanne Ritson, Ripponlea Primary School, Victoria Jump Rope for Heart Coordinator, 2019



One of Australia's longest running school programs

As a major fundraiser for the Heart Foundation, the program has been running since 1983 and has raised more than \$106 million for lifesaving heart health initiatives.

How to get involved



Step 1: Register your school at jump rope.org.au/teachers

- Choose your start date and finish date
- Receive your free skipping kit
- Ask other teachers to promote the program in their classes



Step 2: Launch the program and start skipping

- Introduce the program in assembly
- Get students fundraising using our easy-to-follow guides
- Track students skipping in the online portal



Step 3: Celebrate with a Jump Off Day

- Acknowledge top fundraisers and skippers
- Announce fundraising prizes
- Put Jump Rope for Heart in the diary for next year!

Contact us

 To find out more and register visit
jump rope.org.au/teachers

 jump.rope@heartfoundation.org.au

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