

## The primary school skipping challenge that turns kids into Heart Heroes

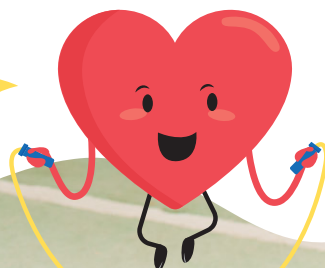
**Being active is one of the most important ways that children can improve their health and wellbeing.**

Unfortunately three out of four primary school-aged kids don't meet physical activity guidelines, leaving them at greater risk of heart disease as adults.

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

Jump Rope for Heart encourages kids to enjoy exercise and adopt lifelong heart-healthy habits. By fundraising through their skipping achievements, our Heart Heroes help contribute to life-saving research and see firsthand how their actions can make a difference to the lives – and hearts – of others.

Hi, I'm  
Happy Heart,  
Jump Rope for  
Heart's mascot!



Hello, we are Heart Hero Avatars, and your students can personalise us online!

## 5-Week Program

Jump Rope for Heart can fit in any term and can run anywhere from five to 10 weeks. For teachers running the program for the first time, or those who are squeezing it into a busy schedule, the 5-Week Program 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

## Skipping: the perfect exercise for young hearts

- ✓ Ideal exercise for healthy hearts, muscles and bones.
- ✓ Burns lots of energy and helps kids maintain a healthy weight.
- ✓ Requires minimal equipment, which keeps it affordable.
- ✓ Takes up minimal space - perfect for small school playgrounds.
- ✓ Its fun, non competitive and a great social activity for kids of all ages.

Jump Rope for Heart can get kids moving, help them (and your school) to meet the Australian Physical Activity Guidelines.



“ 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 R, Ripponlea Primary School

**Heart Heroes - everyday superheroes who are leading the fight against heart disease.**



## How it works

Jump Rope for Heart is really (really!) easy to run. Jump Rope for Heart can fit in any term and can run anywhere from five to 10 weeks. If this is your first-time running Jump Rope for Heart at your school, or if you're a little short on time, our 5-Week Program can get your school up and skipping in no time! Track your Heart Heroes' skipping and fundraising progress on the secure online teacher portal and access lesson plans and other resources designed exclusively for participating schools.

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.

## Resources for your school

When you sign up, you'll gain access to a treasure trove of free online resources for your school:



**24 engaging lesson plans:** Designed in collaboration with Cool.org



**Tailored Resources:** We provide skipping ropes, templates, and printed materials to help you customise the program to fit your school's unique style.



**Online teacher portal:** Will guide you through the program, allowing you to track student statistics, logged skipping time and funds raised effortlessly.



**Safe and secure online fundraising pages:** Say goodbye to cash handling and paperwork. Our online fundraising pages make it easy for students and we'll handle parent engagement once they register.

**And, there's more - a dedicated Field Officer will be by your side supporting you every step of the way in your Jump Rope for Heart journey!**



## One of Australia's longest running school programs

For more than 40 years, Jump Rope for Heart has helped fund life-saving heart research.

During this time, more than 10 million Aussie kids — our Heart Heroes — have skipped their way towards better heart health.

What's more, our amazing Heart Heroes have raised more than \$113 million for life-saving research that has the power to help save Aussie hearts.

## How to get involved

### Step 1: Register your school



- Receive your resource kit
- Ask other teachers to promote the program in their classes
- Choose your start date and Jump Off (finish) date (in a term of your choosing)

### 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 on the online portal

### Step 3: Celebrate with a Jump Off Day



- Acknowledge top fundraisers and skippers
- Announce fundraising prizes and hand over certificates
- 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](https://jump rope.org.au/teachers)
-  [jump.rope@heartfoundation.org.au](mailto:jump.rope@heartfoundation.org.au)
-  1300 724 804

