

JUMP FOR JOY ALL TERM LONG

Term

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

It's always a good time to jump rope.

Your Jump Rope for Heart program can be run anytime during the school year. Find out how to run a seamless program at jumprope.org.au

