

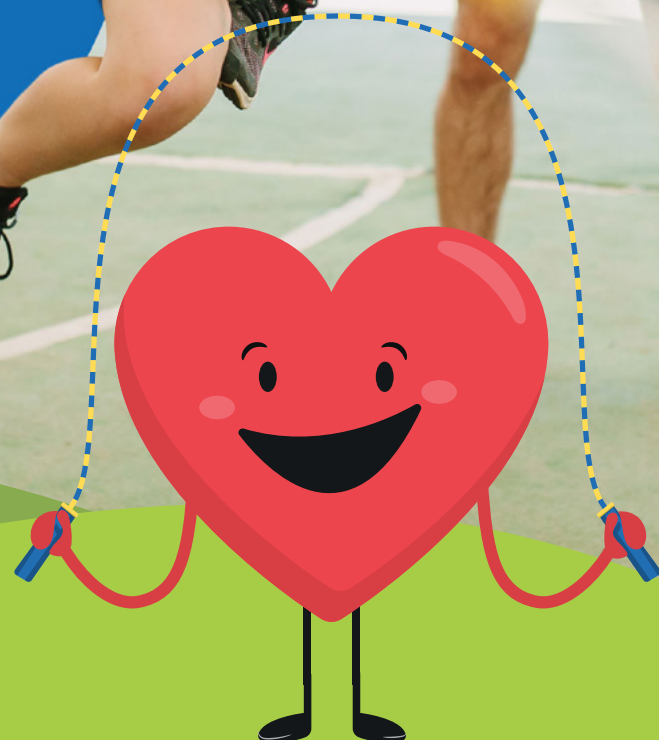
The primary school skipping challenge that turns kids into Heart Heroes

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 gets kids excited about exercise and eating well, teaching them to form heart-healthy habits that can last a lifetime. What's more, by seeking donations for their skipping achievements, our Heart Heroes raise funds for life-saving research and see firsthand how their actions can make a difference to the lives — and hearts — of others.





Jump Rope for Heart turns kids into Heart Heroes — everyday superheroes who are leading the way in the fight against heart disease

How it works

Jump Rope for Heart is really (really!) easy to run. 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 in 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

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



Access to 24 lesson plans designed in collaboration with Cool Australia.



Free resources including skipping ropes, templates 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.

5-Week Program

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

Skipping is an ideal exercise for healthy hearts, muscles and bones.

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

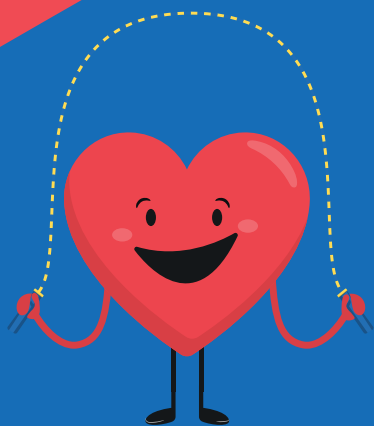
Here's why:

- 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 R, Ripponlea Primary School



One of Australia's longest running school programs

For more than 40 years, Jump Rope for Heart has funded 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 \$111 million for life-saving research that has the power to save Aussie hearts.

How to get involved



Step 1: Register your school

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



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 recognise top skippers
- Put Jump Rope for Heart in the diary for next year!

Contact us



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



jump.rope@heartfoundation.org.au



1300 724 804

