

# Fitter, stronger and more confident kids

**Two in three Aussie kids aged 5-11 years don't meet the recommended daily requirement of 60 minutes of physical activity.**

It's a trend that can lead to them being at greater risk of heart disease as adults. That's where Jump Rope for Heart comes in.

The Heart Foundation's free, ready-made skipping program can help your students move more and have fun while they do it.

The best bit? They'll be fundraising for life-changing heart health research, programs and support as they go.





## One of Australia's longest running school programs

Jump Rope for Heart is the Heart Foundation's flagship skipping and fundraising program. As a major fundraiser for the Heart Foundation, the program has been running since 1983 and has raised more than \$104 million for lifesaving heart health initiatives.

A typical program is 6-8 weeks of activities, including regular skipping sessions and other health focused initiatives, but it is entirely flexible to meet your schools needs.

At home, students log their skipping progress and seek donations on a secure, online portal, as they work towards showing off their new skipping skills at the final Jump Off Day celebration.

**“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



**Step 1: Register your school at [www.hrt.how/jumprope](http://www.hrt.how/jumprope)**

- Receive your free skipping 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 skippers
- Announce fundraising prizes and recognise top skippers
- Put Jump Rope for Heart in the diary for next year!

# Receive a skipping kit worth \$200!

## Resources for your school

Jump Rope for Heart is easy to implement at your school. Here's what you'll get:



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



A ready-made skipping program that's ideal for kids and can be adapted to suit your class and school schedule.



An online teacher portal where you can track student stats, recorded skipping time and funds raised.

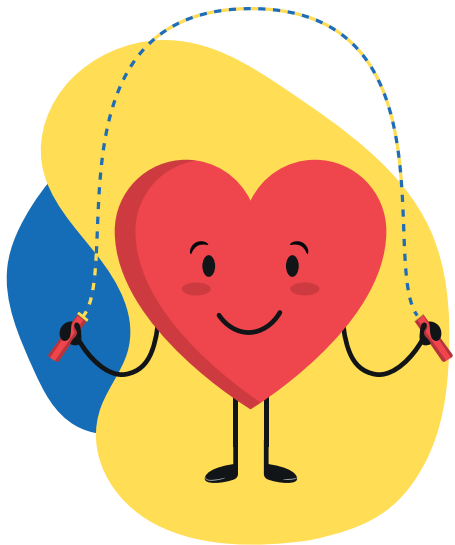


Safe and secure online fundraising pages for students.



Confident, happy and healthy kids who are engaged with peer-to-peer learning.





## Skipping – it's good for everyone

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:

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




# What's next?

Find out more and register:  
[www.hrt.how/jumprope](http://www.hrt.how/jumprope)

## Contact us

 [www.hrt.how/jumprope](http://www.hrt.how/jumprope)

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