



NJAHPERD Convention 2016



Jump



Raise



Splatter



Who We Are

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American Heart Association



♥ Jump Rope for Heart

♥ Hoops for Heart



♥ How it Works

♥ Benefits to the School/PE Program

♥ Benefits to Students





Create a Theme!



♥ Hot Diggity Dog!

♥ Jump, Raise, Splatter

♥ Duck, Duck, Jump!



♥ "I Scream, You Scream, We All

JUMP for ICE CREAM!"

♥ Jump <3 Raise <3 Slime





Incentives



- ♥ Top Fundraising Class
- ♥ Top Participation Class
- ♥ Top Online Fundraiser
- ♥ Bark Bunch- \$85 online
- ♥ Muggin' It Up with Milo - \$150
- ♥ Dog Detectives
- ♥ School Goals
- ♥ American Heart Association Thank-You Gifts





Promote, Promote, Promote!

- ♥ Pre-Assembly
- ♥ During Health and PE Class
- ♥ Around the School
- ♥ Hand out Dogs at Lunch
- ♥ Health Lessons
- ♥ Social Media
- ♥ Newspaper
- ♥ GET THE KIDS EXCITED!!!



Jump Rope for Heart	♥	\$	Jump ♥ Raise ♥ <u>SLIME!</u>
		\$	\$ Don by Fee 3111!
		\$	\$ Raised Online:
		\$	\$3,551.00
2011 (Online *2428)		\$	\$ Raised in Checks: ³³⁰⁶
Total \$: *8,944		\$	\$494.00
Students Registered		\$	
Online: 66 (10%)		\$	
Students who		\$	
Raised \$: 132 (20%)		\$	
2012		\$	Total \$ Raised: ⁴⁴⁴
700 Students		\$	\$4,045.00
*25		\$	
\$17,500.00		\$	# of Students Registered
			Online: 67 (96%)



Additional Fundraising Ideas

♥ Buck for the Duck

♥ Buck for a Bone

♥ Penny Wars

♥ Local Business

*Coupons

*Donations

A Buck for a Bone!

Jump Rope for Heart Fundraiser

If you would like to participate, please return the bottom portion of this form along with your \$1 donation (cash or coins) to the PE Department by Friday March 18th. Your bone will be displayed in the gym.

Our goal is to see if we can make it the entire way around the gym with bones.

Thank you for your participation!

✂

Name: _____ Class: _____

A cartoon illustration of a white dog with a red collar and a black nose, sitting on a large, light-colored bone. The bone is shaped like a dog bone and has the words 'Name:' and 'Class:' written on it.

THE UNITED STATES OF AMERICA

ONE

ONE

ONE

ONE

Name: _____ Class: _____

DUCK BUCK

A cartoon illustration of a green duck with large blue eyes and an orange beak, positioned in the center of the form.



Our Event

♥ 3 Weeks during Health and PE Class

♥ Week 1 – Short Ropes

♥ Week 2 – Long Ropes

♥ Week 3 – Jumping Centers

Jump Rope	♥ \$	Jump ♥ Raise ♥ SLIME!
♥ for Heart?	\$	\$ Due by Fri 3/11/14
Jumping Centers	\$	♥ by 3:20pm!
1 Short Ropes	\$	\$ Raised Online:
2 HopScotch	\$	\$ 6,571 ¹⁴
3 How Many?	\$	5,301 ¹⁴
4 Hula Hoops	\$	\$ Raised in Checks:
5 Snake	\$	\$ 1,352 ¹⁴
6 Long Jump	\$	10,424 ¹⁴
7 Long Rope	\$	Total \$ Raised:
8 Short Ropes	\$	\$ 7,923 ¹⁴
9 Long Rope/Double Dutch	\$	16,153 ¹⁴
10 Short Ropes around the gym	\$	# of Students Registered
		Online: 88 (12.6%)



The Dog Pound



The actual event can be altered to fit your schedule and school



Post-Assembly



♥ Announce winners

♥ Hand out prizes

♥ Pictures

♥ Announce School Total

♥ Complete big prize



Jump Raise Splatter



Program:

Jump Rope and Hoops For Heart is a national, exercise-based educational community service program sponsored by the American Heart Association and the American Alliance for Health, Physical Education and Dance. **Jump Rope and Hoops For Heart** engages students in rope jumping and basketball activities to support life-saving heart and stroke research, education and advocacy programs. It is a great way to satisfy the physical education standards determined by the National Association for Sport and Physical Education and the American Association for Health Education.

How it works:

- ♥ Jump Rope and Hoops For Heart are conducted in schools by PE teachers during PE class, lunch, recess or before or after school.
- ♥ Once you register, you will meet with an AHA Director to co-build a plan for your event.
- ♥ You will then receive a kit with step by step instructions on scheduling, promoting and conducting an event.
- ♥ You will also receive educational resources for heart healthy curriculum to support heart awareness with the event.
- ♥ Students will be asked to reach out to friends and family for donations and to create awareness about heart disease and stroke. Students receive thank you gifts based on the donations they raise.

Benefits to the School/PE Program:

- ♥ Enhances existing wellness initiatives in your school.
- ♥ Fulfill SGO requirements through participation
- ♥ Provides access to free lesson plans and activities that align with the Common Core Standards as well as educational posters, bulletin board displays and skill cards which promote the importance of a heart healthy lifestyle, including physical activity, eating well, living tobacco free and controlling your sugar and salt intake.
- ♥ Opportunity to earn gift certificates for free PE equipment from US Games.
- ♥ NJAHPERD convention incentives and discount for yearly membership (Save \$25).
- ♥ Encourages teamwork by providing an opportunity for students, parents, teachers and school administrators to work together toward a common goal.
- ♥ Reinforces the merits of physical education.
- ♥ Provides PE professionals with recognition within the community.

Benefits to the Students:

- ♥ Become empowered to improve health.
- ♥ Develop heart-healthy habits while being physically fit.
- ♥ Learn rope jumping and basketball skills that they can use for the rest of their lives.
- ♥ Discover the joy of volunteering and community service.
- ♥ Help give back to the schools by earning gift certificates for free PE equipment.
- ♥ Realize the power of working as a team with their school community to reach a common goal.

CONTACT ANDREA MRUSEK FOR MORE INFORMATION: 1 800-242-1793 X 5470 OR andrea.mrusek@heart.org

How we do it at the George J. Mitchell School

Create a theme!

- ♥ Hot Diggity Dog – Create goals for students to reach to made different people into “Hot Dogs” by covering them in hot dog toppings (ketchup, mustard, relish, etc)
- ♥ Jump, Raise, Splatter – Create goals for students to reach to throw colored powder (like a color run) at different people.
- ♥ Duck, Duck, Jump – Create goals for students to reach to pie different people.....”Better hope we don’t DUCK”
- ♥ Jump <3 Raise <3 Slime - Create goals for students to reach to slime different people
- ♥ “I scream, you scream, we all JUMP for ice cream!” - Create goals for students to reach to turn different people into ice cream sundaes by pouring sundae toppings on them.

Incentives:

- ♥ **Top Fundraising Class** – The class that raises the most money will get to come to the gym for an extra PE period doing the activity of their choice. They will also get a lunch party (our school gives us the money to buy the food).
- ♥ **Top Participation Class** – The class that has the highest participation percentage gets to come to the gym for an extra PE period doing the activity of their choice. They also get a recess equipment kit with balls and jump ropes (provided by the AHA).
- ♥ **Top Online Fundraiser** – The student who raises the most money online will receive a remote control car.
- ♥ **Bark Bunch** – Any student who raises \$85 online gets to put their name on a dog sticker on the Dog Day in the Park poster for their grade level which is displayed in the gym.
- ♥ **Muggin’ It Up with Milo** – Any student who raises \$150 or more will get to take a selfie with Milo. The pictures will be digitally displayed during lunches.
- ♥ **Dog Detectives** – Hide pictures of the JR4H dogs around the school (common areas only). If a student finds a picture they take it, bring it to the PE teachers, and they receive a Heart Hero tattoo (provided by AHA)
- ♥ **Dog Pound** – Have a section in the gym where students can jump rope and be counted by the teacher. The teacher will count the number of times a student can jump without messing up. Post signs in the gym with different numbers on them (20, 40, 60, 80, 100, 200, 300, 400, 500). If a student reaches one of the numbers they can post their name under that section. If they try again and increase their number their move their name up to the new section.

- ♥ **School Goals** – Create school wide fundraising goals based on your theme.
- ♥ **American Heart Association Thank-You Gifts.**

Promote, Promote, Promote!!!!

- ♥ Pre-Assembly
- ♥ During Health and PE Class – if you go into classrooms write in on their board, in your own classroom project the JR4H website with a current total raised.
- ♥ Post your theme around the school – we created a fundraising thermometer in the multi purpose room for the students to see at lunch.
- ♥ Create health lessons with the subject of heart health before the event.
- ♥ Hand out the dogs during lunches for all the other students to see.
- ♥ Use social media
- ♥ Newspapers
- ♥ Play music during PE Class. Make it fun!
- ♥ GET THE KIDS EXCITED!!!!

Other Fundraising Ideas

- ♥ **Penny Wars** – Teacher volunteer to be a part of Penny Wars. Each teacher who volunteers will have a container with their picture on it out during lunches. Students will put change in the containers. Pennies are positive points and silver coins are negative points. At the end of the competition (we put ours out for the 3 weeks we do JR4H) the person with the most positive points wins. The teacher who wins has to do something – last year our teacher who won had to wear a duck costume to school for the day.
- ♥ **A Buck for a Bone:**



A Buck for a Bone!

Jump Rope for Heart Fundraiser

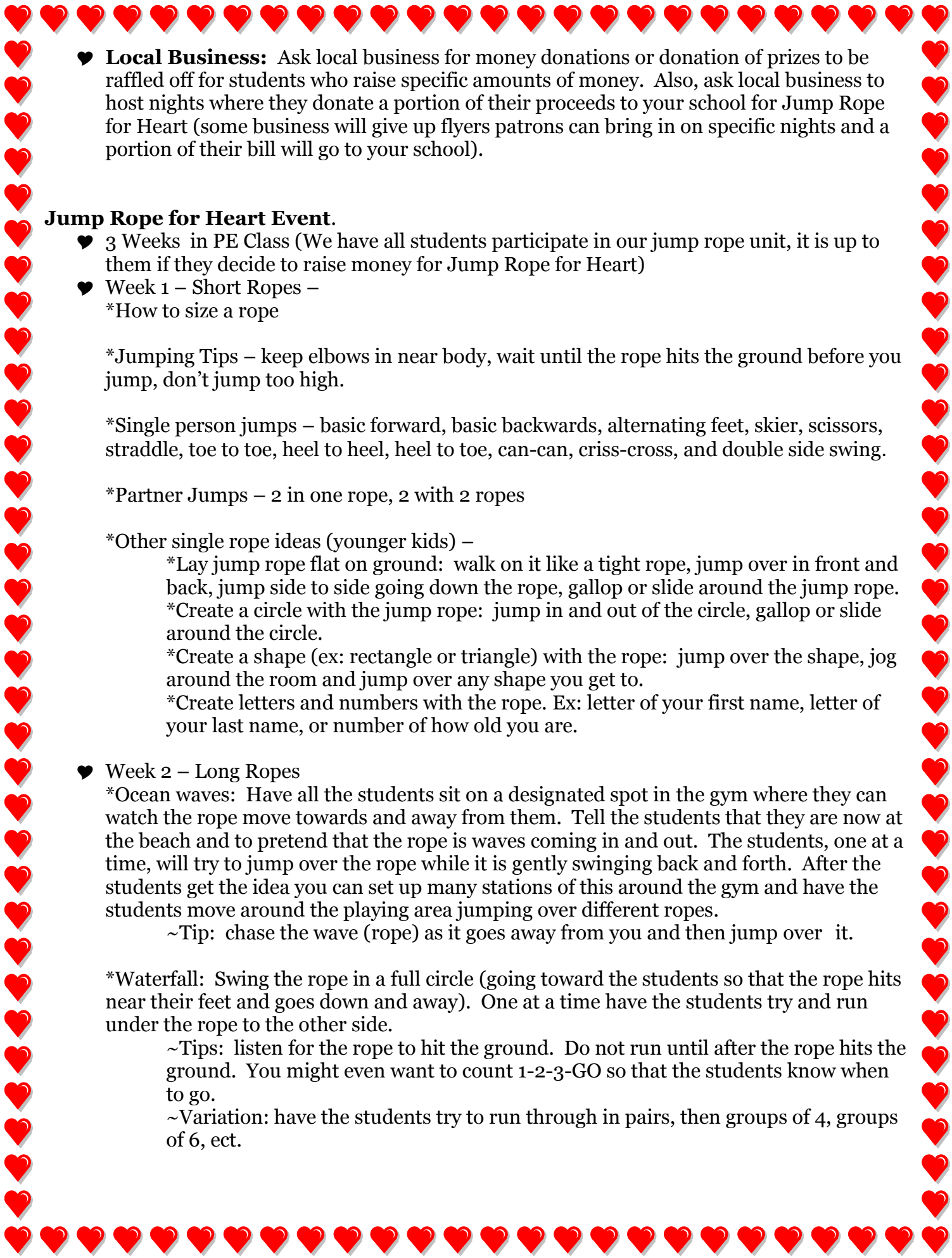
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Our goal is to see if we can make it the entire way around the gym with bones.

Thank you for your participation!



Name: _____ Class: _____

- 
- ♥ **Local Business:** Ask local business for money donations or donation of prizes to be raffled off for students who raise specific amounts of money. Also, ask local business to host nights where they donate a portion of their proceeds to your school for Jump Rope for Heart (some business will give up flyers patrons can bring in on specific nights and a portion of their bill will go to your school).

Jump Rope for Heart Event.

- ♥ 3 Weeks in PE Class (We have all students participate in our jump rope unit, it is up to them if they decide to raise money for Jump Rope for Heart)
- ♥ Week 1 – Short Ropes –
 - *How to size a rope
 - *Jumping Tips – keep elbows in near body, wait until the rope hits the ground before you jump, don't jump too high.
 - *Single person jumps – basic forward, basic backwards, alternating feet, skier, scissors, straddle, toe to toe, heel to heel, heel to toe, can-can, criss-cross, and double side swing.
 - *Partner Jumps – 2 in one rope, 2 with 2 ropes
 - *Other single rope ideas (younger kids) –
 - *Lay jump rope flat on ground: walk on it like a tight rope, jump over in front and back, jump side to side going down the rope, gallop or slide around the jump rope.
 - *Create a circle with the jump rope: jump in and out of the circle, gallop or slide around the circle.
 - *Create a shape (ex: rectangle or triangle) with the rope: jump over the shape, jog around the room and jump over any shape you get to.
 - *Create letters and numbers with the rope. Ex: letter of your first name, letter of your last name, or number of how old you are.
- ♥ Week 2 – Long Ropes
 - *Ocean waves: Have all the students sit on a designated spot in the gym where they can watch the rope move towards and away from them. Tell the students that they are now at the beach and to pretend that the rope is waves coming in and out. The students, one at a time, will try to jump over the rope while it is gently swinging back and forth. After the students get the idea you can set up many stations of this around the gym and have the students move around the playing area jumping over different ropes.
 - ~Tip: chase the wave (rope) as it goes away from you and then jump over it.
 - *Waterfall: Swing the rope in a full circle (going toward the students so that the rope hits near their feet and goes down and away). One at a time have the students try and run under the rope to the other side.
 - ~Tips: listen for the rope to hit the ground. Do not run until after the rope hits the ground. You might even want to count 1-2-3-GO so that the students know when to go.
 - ~Variation: have the students try to run through in pairs, then groups of 4, groups of 6, ect.

*Run and Jump: One at a time have the students enter the rope and jump as many times as they can.

~Different songs:

*Teddy bear Teddy bear turn around
Teddy bear Teddy bear touch the ground
Teddy bear Teddy bear exit this round

*What shall I name my little pup?

I'll have to think a good one up.

A-B-C....(Students makes up a dog name for the letter of the alphabet they mess up on).

*Benjamin Franklin went to France

He taught the kids how to dance

Firs the heel, then the toe

Spin around and out you go

*Big group elimination: Make your class into 2 groups (boys vs girls is always fun). Have one group start in the rope. Count 1-2-3 and then swing the rope over. Whoever gets caught on the rope has to leave. Repeat until only 1 person is left. Have the last person jump and say the song:

Ice cream soda, cherry on top

How many boy/girl friends do you go?

1-2-3.....(until they mess up)

Repeat with the other group.

*Long Rope free jump – In groups have the students practice long rope jumping either starting in the rope or jumping in to the rope. They can try to have multiple people jump in the rope at one time.

*Double Dutch (older grades only – we found it works best to have teachers or other adults spin at least one side of the rope)

♥ Week 3 – Jumping Stations

1. Partner jump: 2 students in 2 ropes

2. How many times can you jump without messing up. (put large paper on the wall and have students document the number of times they jump)

3. Heel/toe

4. Side swing

5. Snake (one student hold the end of a jump rope and swings in on the ground around in a circle. The other students try to jump over the rope, if they get caught they become the person who turns the rope. The rope must remain on the floor when spinning.)

6. Criss-Cross

7. Hula Hoop Jump

8. Hop Scotch

9. Long Ropes

10. Create your own jump (put large paper on the wall and have students document the name of their jump)

♥ The actual Jump Rope for Heart event can be done in a variety of ways, whatever works best for your school. Your event can be done during school or after school. Your event can be done for 1 day or for a few weeks

A decorative border of red hearts surrounds the text. The hearts are arranged in a rectangular frame, with some hearts slightly overlapping.

Post Assembly

- ♥ Announce winners – individual and class
 - ♥ Hand out Jump Rope for Heart Thank You Gifts
 - ♥ Create a slide-show with pictures from your event
 - ♥ Announce School Total
 - ♥ Have the students who raised money participate in the final school goal and the ones who did not raise money will get to watch
- Example: When our theme was Jump <3 Raise <3 Slime we took the entire school outside and anyone who raised money got to dump a cup of slime on designated people in our school. The top 3 fundraisers got to dump a big bucket on slime on the same people.

Contacts

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