

Jump Rope for Heart Event Day

EVENT DAY PLANNING TIPS:

The following are helpful tips you can use when planning your fun-filled Jump Rope for Heart Event Day:

Make it fun and festive! Play music during your event to create a fun and festive atmosphere.

Take a Jump Day Photo: Encourage all students to wear RED on Jump event day and take a photo of your school's "sea of red" in support of the Heart & Stroke Foundation. Use the photos for your school yearbook!

Engage older students: Ask older students to help run different activity stations and assist the younger students.

Perform a Skipping Routine: Ask students to prepare a skipping routine and kick-off the JUMP event day with a demonstration for the other students.

Set up Skipping Skills Stations – Print off the skipping skills posters found on JumpRopeForHeart.ca (On the Online Resources Page within the Teacher's Corner) and post them at different locations to set up skills stations.

Skills Games – incorporate any of the "Fun-filled Jump Event Day Activities" found within this document into your Jump Event Day.

TIME/SPACE REQUIRED:

Depending on time and space available, you can get the entire school participating simultaneously or run your JUMP event in smaller groups (i.e. by grade level) over a period of time. Here are some ideas for ways to organize your event:

All Day Indoors: Book the gym for the entire day. Have each grade come into the gym to do their JUMP event with their class for the duration of a physical education period.

All Day Outdoors: Students can participate by grade on half day basis, i.e., the morning can be dedicated to K – 3 students and the afternoon can be dedicated to the upper grades. Do a "Skip-a-Thon", - have the students to jump in one spot or all around the playground.

1-Hour Time Periods: This option is ideal for schools that need to hold two separate events because of a large number of participants. Book the gym for two 1 hour time periods, separate classes into the time periods and have them do their JUMP event with their class for the duration of a physical education period or in shorter increments - depending on available time.

1-Week Time Period: This event option is ideal if a one-day event is difficult to organize. Set aside specific times for all classes to participate in a skipping oriented activity over the course of several days (up to one week). These activities can take place during gym class, recess breaks or lunch periods.

Fun-filled Jump Day Activities

The following are activities you can run at different stations or randomly throughout your Event:

Jumping with Ropes:

- ♥ **Jumping Over Ropes:** Students jump back and forth over a rope placed on the ground or jump from side to side from one end of the rope to the other
- ♥ **Belly Under Ropes (like limbo):** Students “limbo” under skipping ropes
- ♥ **Jump Scotch:** Ropes are placed on the ground to outline an area into which children can toss an object and jump on vacant spaces to retrieve it
- ♥ **Aero Skips:** Students jump over ropes that have been raised a few inches off the ground
- ♥ **Free Skip:** The Free Skip can be done in groups or as an entire school (depending on space available). Students can use single or double dutch ropes to practice and try new tricks!
- ♥ **Skipping stations:** Have students rotate from one station to the next after every 5-10 minutes. This way they can try new tricks and different skipping games!
- ♥ **Snakey Snakey (JK-Grade 2):** Lay a long rope on the ground and have students stand on either side of the rope and hold it on the ground. Move the rope back and forth so that the rope ripples from side to side like a snake. Young students can jump over the rope and try not to let their feet be touched by the “snake”.
- ♥ **Around the World:** One person stands in the middle and spins the rope in a circle across the ground. The other students must anticipate and jump over the rope as it passes them by. The object is not to touch the spinning rope.
- ♥ **Skip Rope Limbo:** With two people holding the ropes on opposing sides, students will lineup and go under the rope without ANY body parts touching the ropes as they go underneath. Once a body part touches the rope, the student is automatically eliminated. Once everyone in the line gets chance to try going underneath the rope, lower the rope to increase the challenge. The last person who completes the challenge is the winner.
- ♥ **Skip Rope Relay:** This is an incredible way to engage students and creating some FUN competition during the event day. Have two or more teams competing against each other, with 3 or more students on each team.
 - 1) Hopscotch with left foot
 - 2) 10 Jumping Jacks
 - 3) 10 continuous jump with a skipping rope
 - 4) Skip towards the next person give them a high 5Continue with the obstacle until the entire team has gone. Whichever team has the fastest time finishes first wins!

- ♥ **Hopping:** Hold either a long or short rope a few inches off of the ground and have students jump over the rope. Change the level of difficulty by raising or lowering the rope. Another option is to lay a few individual ropes on the ground a few feet apart and have students jump over them using one or both feet.
- ♥ **Blue Bells:** Using a long rope, slowly swing the rope from side to side so students can jump over it. Easy to use the rope in this way for young students since it can be moved at a very slow pace. The slow pace of the rope allows students to become accustomed to jumping over the rope before progressing to more advanced skipping.
- ♥ **Skipping Marathon:** Everyone is skipping in one spot and the last one skipping wins a prize! Make sure to keep track of the best times! (Can also be done within grades or divisions OR get the teachers involved!)
- ♥ **Skip Tag:** The idea is to have all jumpers skip from one end to the next without being “TAGGED”. ALL skippers get a 10 seconds head start before the tagger can go on the court and tag a skipper. Once a student is “TAGGED” they are eliminated. The game continues until there is only ONE skipper left.
- ♥ **Egg Beater:** Using 2 long ropes and 4 turners, cross the ropes in the middle and turn at the same time. The skipper jumps in the middle where the ropes cross.
- ♥ **Rope in a Rope:** Turners turn a long rope. Skipper holds their own short rope inside. Turners follow the skipper and turn at the same speed. Count out loud how many jumps the skipper makes.
- ♥ **Triangle:** Uses 3 long ropes and 3 turners. Turners hold an end in each hand, forming a triangle and each turn at the same time. Skippers can start inside or hop in.

Jumping without Ropes:

- ♥ **Jumping on one foot, two feet:** Students jump on one foot, than the other foot, than both feet
- ♥ **Jumping Jacks:** Students do “Jumping Jacks”
- ♥ **Jump for Joy:** Students imitate animals that jump (e.g. kangaroo, frog)
- ♥ **Musical Jump:** Students jump while music is playing and “freeze” once it’s turned off
- ♥ **Hopscotch:** Using sidewalk chalk, draw a few hopscotch boards on a paved area (or use your existing Schoolyard Hopscotch area). Be as creative as you like; add numbers, colors, pictures, etc. and student instructions on which areas to hop in.
Examples:
Jump on ALL the primary colours
Jump on every other square
Jump on the ODD numbers
“Jump on all the squares with only your left foot”
- ♥ **Activity Dice/Flash Cards:** Jot down a unique physical activity on each side of large set of dice or create activity flash cards (i.e. Activities could include: jumping jacks, # of skips in a row, hopping on one foot, crab walk, push-ups, sit-ups, dancing, stretching). Line up students and call out the activity that is rolled on the dice/or comes up on each flash card. For greater engagement, let students roll dice/choose cards.

Jumping and Math Activities:

- ♥ **Rope Touchdowns:** Students count the number of times a turned rope touches the ground
- ♥ **Jump Touchdowns:** Students count the number of times a jumping student's feet touch the ground
- ♥ **Jump Teams:** Working in pairs, one student counts the number of times a jumping student's feet touch the ground

Jumping with Hula Hoops:

- ♥ **Animal Hop:** Students hop through hula-hoop obstacle course imitating different types of animal jumps (Frog, rabbit, etc.) Great for beginners to get them Jumping!
- ♥ **Hula Hoops:** Instead of using an individual skipping rope, give the young students Hula-Hoops. By holding the sides of the hoop at the top, students can turn the hoop over their heads and jump over it when it reaches their feet. The hoop is easier to handle than a skipping rope and students can turn the hoop at their own pace since the hoop holds its form

Teaching them these skills at an early age will get them moving for life!