

Jump Event Ideas & Activities

The following are helpful tips and ideas you can use when planning your Jump Event. These activities can be performed in school or at home. These suggestions have been created with physical distancing measures in mind.

It is up to each school to ensure you are following local public health and school board rules and policies for your event activities.

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Please check out Teachers' Corner on jumpropeforheart.ca for access to tools and resources to help you run an unforgettable in-person or virtual event!



In-School Event Ideas:

1. If school yard is large enough, set up different physically distanced stations (and have classes take turns rotating to each station throughout the duration of your event day. Stations can include: skipping, an obstacle course, hula hoop activities. [Click here](#) for more activity ideas.
2. Have each class participate on event day in their own classrooms – play Simon Says, musical chairs or skipping games!
3. Host Jump throughout a week and have classes participate during their scheduled physical education class! Set up different physically distanced skipping stations using Jump Rope for Heart [Skipping Skills posters](#) and have students complete each activity as part of their Jump Event.
4. Play the Event Day Video in every classroom and have students get up and moving in their classrooms! The video can be found on Teacher's Corner at jumpropeforheart.ca.

Tips:

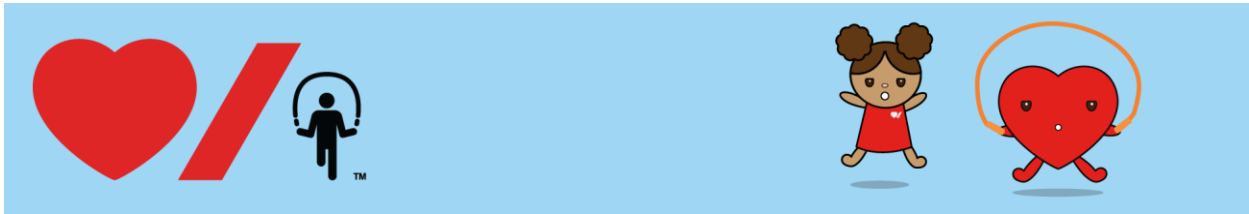
Encourage all participants to wear red and take a photo and videos of their activities. Share them on social media using [#JumpRopeforHeart](#).

[Play music](#) during your activity to promote movement and generate fun and excitement.



Virtual School/Classroom Event Ideas:

1. Organize a date and time to air the Event Day video in all your online classrooms to get all students participating in Jump!
2. Have every teacher get their students to learn a new skipping trick/skill and demonstrate it in the virtual classroom! Provide each student with a digital [participation certificate](#) to celebrate.
3. Select a virtual school-wide event day and have students in every class spend 30 minutes skipping or doing a physical activity with their families. Encourage them to take videos and pictures and post on social media using #JumpRopeforHeart and share them with and tag your school. Compile the videos and photos you receive and put together a slideshow to share with the school!
4. Have every virtual classroom dedicate a date & time to complete activities such as musical jump and activity dice or flash cards. For more activity ideas [click here](#). Make it a challenge and see which classroom can complete the most activities during the timeframe you select!



At Home Event Ideas (for parents):

1. Download the Virtual Event Day video found on jumpropeforheart.ca and follow along with your child to get moving!
2. Jump even higher and continue your event day after watching the video. Take a family hike, practice skipping skills, have a family dance party – the fun ideas are endless! [Click here](#) for more activity ideas.
3. Once complete, download a [participation certificate](#) for your child and celebrate!

Event Resources:

Go to Teachers' Corner jumpropeforheart.ca to access these resources:

- Spotify Playlist
- Skipping Skill Posters
- Digital Participation Certificate
- Event Day Video



Event Day Activities

Activities with a Skipping Rope:

Jumping over ropes: Participants 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.

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.

Free skip: Skip and try new tricks or see count how many times you can skip without stopping.

Snake (K-Grade 2): Lay a long rope on the ground and have participants stand on either side of the rope. Have two people hold the rope close to the ground while moving it back and forth so it ripples from side to side like a snake. Young children 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 people must anticipate and jump over the rope as it passes them by. The object is not to touch the spinning rope.

Skipping rope or broomstick limbo: With two participants holding the ropes on opposing sides, kids can 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 person is automatically eliminated. Once everyone in the line has tried going underneath the rope, lower the rope to increase the challenge. The last person who completes the challenge wins!

Activities that do not involve a Skipping Rope:

Musical jump: Kids jump while music is playing and freeze when it pauses.

Activity dice or flash cards: Jot down a unique physical activity for each number on a pair of dice (or a single die) or even create flash cards. Activities could include jumping jacks, hopping on one foot, sit-ups, dancing or stretching. Parents or teachers call out the activity that is rolled on the dice or comes up on each flash card for kids to do!



Hula Hoop activities: Have a socially distanced hula hoop contest! How long can you keep it swinging? How many times can you jump using it instead of a skipping rope?

Animal hop (for little ones): kids imitating different types of animal jumps or movement

Hopscotch: Using sidewalk chalk, draw a few hopscotch boards on a paved area. Be as creative as you like, adding numbers, colours or pictures. Give students instructions about what to jump on. For example:

- *Jump on primary colours only*
- *Jump on odd numbers only*
- *Jump on all the squares with only your left foot*

Simon Says: Incorporate heart-pumping activities, like Simon says “do 10 jumping jacks” or “do 10 sit ups”!

Bingo: Create a bingo card and have different fitness challenges on each square. Every day the teacher picks one. The first student to complete their card (a line, two lines, four squares, an x) wins.

Play games: Play games like tag, hide and seek or musical chairs

Obstacle Course: Set up your own indoor or outdoor obstacle course. Create a sidewalk chalk ‘obstacle course’ in the school yard or neighborhood, asking students to do various dance moves or exercise moves at each station. Let your students pick the different stations and decorate the pavement with sidewalk chalk.

Treasure Hunt: Find hidden treasures, inside and out. If holding your event inside, look for household items, stuffed animals, favorite books or photographs. If holding your event outdoors, why not turn a nature walk or neighborhood walk into a fun adventure by looking for certain items or landmarks.

Walking, Biking or Running as a family

Dance Party: Crank up the music and have a family dance party.

Heart Smart: Test their heart health knowledge! When the leader calls out things that are good for the heart, players perform an exercise. When the leader also calls out things that are bad for the heart, students freeze. If a player makes a mistake, he or she does a silly dance, then rejoins the game.

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