

Adams Elementary School has participated in Jump Rope for Heart for the past thirteen years. The students' excitement as the event draws near each year is amazing to me. Many students have older brothers or sisters who have participated in the event, so they have witnessed the fun and positive feelings that we all have when we help The American Heart Association. Unfortunately, a number of our students also have family members who have been affected by heart disease or stroke, so the meaning of our event takes on a much more personal tone for them. Each year I hear stories of how a grandma or grandpa had a heart attack, so students will donate their own money from their allowance in their grandparents' honor or memory.

Our PTA is an integral part of our annual Jump Rope for Heart. Parent volunteers slice fruit and fill water cups during the event to keep the students energized. While the students are jumping, other parents are totaling up the pledge sheets and filling out certificates. By the time we are done jumping, we know our total amount earned for American Heart Association and students get to go home with their participation certificates and stickers. We also have raffle drawings during our event, so students who are not able to raise funds for the Heart Association can still feel good about participating and receive "thank you" gifts.

Our event is held each year during parent/teacher conferences in February. This allows parents to stop in the gym and see what's going on as they arrive for conferences. I have found this to be great for publicity, as no one can resist the fun, lively music and screams of joy coming from the gym!

Our Jump Rope for Heart is the culminating activity of Heart Month in February. Leading up to the event, all classes learn how important it is to take care of our hearts and keep them strong. Students learn the risk factors that lead to heart disease, how to take their own pulse, use heart rate monitors, listen to their own heart beating with a stethoscope, and participate in a number of activities that emphasize heart health. By travelling through our Heart Adventure Course, they also learn how blood travels through the chambers of the heart and gets pumped out to the rest of our body. They even learn about how heart attacks and strokes occur.

For the past six years we have been using heart rate monitors with chest straps so that students can track their heart rates and try to keep them in their appropriate "target zone". The students love using the heart rate monitors, but they tend to be time consuming to put on. The children are only in the gym for 30 minutes, so I would like to have them use as much of that time as possible being active. I have recently purchased 6 strapless monitors in the hopes that they can speed up the process, and I have been pleasantly surprised at the difference. Within minutes, students have the watches on and are moving. At this time, students take turns using the strapless monitors each class period. I would love to have a monitor for each child to use during each class. Not only could we use them during our special heart unit, but we could be using them throughout the year without worrying about jeopardizing activity time.

At the current time, our school district is realigning our standards and benchmarks to the National Standards for Physical Education. This grant will enhance our program at Adams School by giving our students an opportunity to monitor their own activity levels. It will also help students to understand the connection between physical activity and heart health. In this way, we will be supporting the following National Standards for Physical Education:

Standard #1 – Achieves and maintains a health-enhancing level of physical fitness

Standard #6 – Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

The following budget includes the purchase of a class set of 24 strapless heart rate monitors. Together with the 6 that I currently have, this will ensure that our classes of 30 students will be able to have their own monitors to use in each class.

US Games Pack of 24 Accusplit Strapless Heart Rate Monitors - \$1499.99

## Risk Factor Tag

<b>Learning Expectations:</b>	Students will learn the risk factors for heart disease.
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<b>Grade Level:</b>	1 <sup>st</sup> – 5 <sup>th</sup> Grades	<b>NASPE Standards:</b>	Standard # 3,4 6
<b>CSH Focus:</b>		<b>AAHE Standards:</b>	

**Introductory Activity:** Students discuss the difference between having a healthy heart and an unhealthy heart. The term "risk factor" is introduced. Using the following props as visual aids, discussion continues on the risk factors that lead to heart disease:  
 Couch Potato = a large potato  
 Tobacco Use = foam pin (represents cigarette)  
 Too Much Junk Food = French fries container from a fast food restaurant  
 Stress = spider ball  
 Too much fat = rubber model of 1 pound of fat  
 In the game Risk Factor Tag, if a student is tagged by someone carrying a risk factor prop, he/she stops and places hands over heart. In order to get his/her heart healthy and return to the game, a classmate "rescues" him/her by performing 5 jumping jacks together (emphasizing the importance of physical activity in maintaining a healthy heart).

**Lesson Focus:** Emphasize that choices we make can determine our heart health.

**Conclusion/Assessment:** After completing the activity, students review the risk factors that lead to heart disease and what they can do to maintain a healthy heart.

<b>Prior Knowledge:</b> Importance of having a healthy heart.	<b>Vocabulary:</b> Risk Factor Heart Disease
<b>Equipment/Materials:</b> Large potato Foam pin French fries container Spider ball 1 lb. fat model	<b>Safety Considerations:</b> Define the perimeters of the play space. Emphasize travelling safely within perimeters.
<b>Resource:</b> Colleagues in Janesville School District	