

Jeanette Foster

St. James Episcopal Day School Jump Rope for Heart 2009

Whether it is a personal battle or that of a family member or friend, the reality of heart disease affects every person in some capacity. My ultimate goal is to convey an enthusiastic attitude that motivates my students in physical activity, health, wellness, teamwork, and sportsmanship. In my career as a physical education teacher, I have had a jump rope for heart event for over 20 years. Last year we raised over \$10,000, doubling the amount of money we raised the year before to help those seeking assistance from the American Heart Association. This is the most money I have ever raised personally as well as the most our school has raised. To increase awareness for this cause within the school and the community, I organized many activities to educate students on healthy living and eating. I created different "fun" and colorful posters and hung them around our school complex. I went out into the community to seek donations to serve as prizes for children to provide extra incentives, motivation and excitement for the cause. For example, local businesses provided laser tag games, putt putt golf, bowling, and skating, which all promote physical activity and well being.

Jump Rope for Heart has become an integral part of my physical education program and each year new innovative events are included to enhance the level of excitement and participation from the students. The event included an obstacle course of jumping activities, 10 jumping stations, jump and jiving music, healthy refreshments, and a memory board to post the names of loved ones who had been affected by heart disease. The students also wore red shirts for the event and red balloons floated everywhere.

This grant will help me to purchase different motivational tools aimed towards jumping activities for our Jump Rope for Heart events. These include an extra large inflatable for students and a variety of different types of jump ropes and apparatuses that involve jumping, such as skip-its, mini trampolines, and hurdles for older students. I would also like to purchase additional items that are age appropriate for our preschool students who require safer and more updated equipment for their size and ability level. These pieces of equipment will also be used throughout the year for circuit training, stations, individual and class activities, field day events, and regular physical education classes. Through the inclusion of these items, we will have the opportunity to upgrade our physical education program by providing students with resources and equipment that continues to enhance their development of motor skills and movement patterns, concepts, principles, strategies and tactics as specified in NAPSE standards 1 and 2. The physical education program with these resources aims to provide students with an exciting environment which promotes physical activity for health, enjoyment and social interaction. This energizing and safe environment will promote a genuine interest in physical and student achievement. It would be another great year filled with enthusiasm and magical excitement!

Sample Budget

\$1200

Quantity	Item	Price	Total
2	Moonhopper Hop to it	\$15.99	\$31.98
2	Dragon Feet Jumpers	\$26.49	\$52.98
2	Pogo Sticks	\$38.49	\$76.98
1	HotSpots exercise sets –jump rope exercises	\$49.49	\$49.49
2	Swing and hop set of 6	\$19.99	\$39.98
3	Spin Jumpers	\$39.99	\$79.98
1	Tinikling	\$59.99	\$59.99
1	Super Jump	\$54.99	\$54.99
1	Jammin Jump Rope	\$129.99	\$129.99
6	Jump-o-lene	\$79.99	\$479.94
2	Hoppers	\$28.99	\$57.98
1	Flex hurdles	\$51.99	\$51.99
		Total	\$1166.28

Get Smart about Your Heart

<p>Learning Expectations: The students will</p> <ul style="list-style-type: none"> • Learn about eating healthy. Integrate and reinforce the concept of healthy food vs. unhealthy foods • Learn about the organs of the body • Complete their daily exercises and running • Be able to move safely from station to station performing the task • Work with health professionals in the community through informative talks and activities which are designed to promote healthy living in their own lives. • Identify practices that promote health and prevent disease by demonstrating good personal health habits including hand washing and brushing teeth 	
<p>Grade Level: Elementary: Pre-K through 5</p>	<p>NAPSE Standards: Standard 3, Standard 4, Standard 5 Standard 6</p>
<p>CSH Focus: Health Education Physical Education</p>	<p>AAHE Standards: 1.2.1, 1.2.2., 1.2.4, 1.2.5., 2.2.2., 3.2.1., 7.5.1., 7.5.2., 7.5.3., 7.2.1, 7.2.2., 8.2.1., 8.2.2., 8.5.1., 8.5.2. 1.5.1., 1.5.2., 1.5.3, 1.4.5., 1.5.5., 2.5.3., 2.5.4., 3.5.1., 3.5.2., 5.5.5., 5.5.6.,</p>
<p><u>Introductory Activity:</u> Visit from the OrganWise Guys: Introduction to your body and its organs Several members from the Smart Bodies Louisiana Youth program held an assembly where they introduced several characters meant to teach young students about their body and organs within it. These characters, Hardy Heart, The Kidney Brothers, Peri Stolic, and Sir Rebrum, shared information about their organs, what the organs do, what they look like, where they are located, and how they function within the body. This program was also interactive as the representatives from smart bodies took questions from the children which were pertinent to their bodies.</p>	
<p><u>Lesson Focus:</u> Louisiana Body Walk Exhibit: Journey through your body's organs to discover how they work, how to keep them healthy, and the effects that different foods have on each organ. The smart bodies program provided the exhibit and our parent's guild provided the volunteers to run the exhibits. We also added additional props, such as models of the heart, lungs, skeleton, brain, and intestines to reinforce information concerning the organs. Students started in the brain, then proceeded to the mouth, stomach, small intestines, heart, lung, bones, and muscles and skin. At each station students participated in several discussions and hands-on activities dealing with that organ.</p>	
<p><u>Conclusion/ Assessment:</u> After completing the body walk, the students were given a hearty, healthy snack and drink as well as an activity book and bookmark. These resources reinforced what they learned throughout the OrganWise Guys and Body Walk presentations. In addition, the students also participated in extension activities in their classrooms within their academic lessons which were tied into the program.</p>	
<p><u>Prior Knowledge:</u> Students were familiar with the names and functions of their body parts. Classroom teachers also included anatomy in their lessons Posters were made and hung throughout the school and in the cafeteria concerning the importance of health and exercise.</p>	<p><u>Vocabulary:</u> Organ names: Brain, mouth, stomach, small intestine, heart, lungs, bones, muscles, skin</p>
<p><u>Equipment/Materials</u> Videos, books, dolls, games, stereo system, large indoor gym, Body Walk exhibit, Models of organs, skeleton</p>	<p><u>Safety Considerations:</u> Discussion of students staying with their groups and within their specified area of the exhibit</p>
<p><u>Resource:</u> Smart Bodies program (Louisiana youth program)</p>	