

*Please attach your typed paper describing the passion you, your students, your school and your community have for JRFH/HFH. Summarize how the grant will enhance the school's physical education program in a way that aligns with NASPE Standards and Guidelines. Please include a sample budget for the program/equipment described in your paper, and include a lesson plan using the format included with this packet.*

Lisandra Trado

When I decided I wanted to become a PE Teacher, I didn't know what I was getting into. As time passes by, I have developed a personal definition of what physical education really means to me. Physical Education is a beautiful profession that has the power to transform society by promoting quality of life and wellness. When physical education programs focus into developing in their students these two powerful words, society will flourish into a healthier one with a more optimistic future.

With this ideal in mind, I needed a special project to introduce to my students that Physical Education and Health was much more than what they thought it was. The program that helped me connect our class with a much deeper concept in the elementary level, in the parents of the children and the faculty, was through the program of JUMP ROPE FOR HEART of the American Heart Association.

We have participated for the past two years and this coming February 2010 will be our third year organizing the event. So far, the elementary school has responded positively to the program.

This year we began our campaign with the elementary level, by introducing the health-related concepts that students will train during class, and we also presented them formally the American Heart Association and what this organization does. During class we have been presenting various challenges or trivia related to the heart, and kids have the opportunity of winning promotional little things that I have around related to JRFH. This keeps them alert with the information I will share. Kids in the elementary level are already excited about the activity that will be held during the week of February 8<sup>th</sup> – 12<sup>th</sup>, 2010! Meanwhile, our classes have been extremely fun and jumping roping is always a choice for them either on a station, or as a warm up or as a closure. This week we did JumpRope Aerobics!!! They all loved it!!! I think this program is working well and I am expecting great results at the end.

To promote HFH in the secondary level I have decided to involve the student council with fun challenging activities to boost up the program. During the week of JRFH and HFH, Monday thru Wednesday we will have all the Jump Ropes Activities. From Thursday thru Saturday we will have HFH and a TESIS Dorado Invitational Basketball Tournament. During the day, to promote the

tournament we will have HFH activities and challenges. One of the challenges will be that the students need to perform a dance routine with basketballs; the winning team will perform before our Local Friday Night Game. They are planning to charge entrance to the tournament, (this is tradition in PR) and donate one dollar for the American Heart Association. This and many other ideas are being created to capture the interest of the secondary level students. Since this activity will be open to the community we will have posters decorating our athletic facilities about the American Heart Association and both events of JRFH and HFH. We will be selling "Hearts" for those that want to donate a dollar for the cause. The student council and I agreed that students in this level would not collect as many donations as elementary kids the traditional way. We will be introducing to them again the online form and back up the individual fundraising with the activities made in the tournament.

In TASIS Dorado, Physical education is a class in the curricular program that creates real opportunities for students to develop character, respect, leadership, sportsmanship, honesty, and many other values. By organizing this type of activities in my school, we create responsible citizens committed to their society as well. The mission of our program is to challenge students into becoming well educated citizens committed to develop an optimal state of well being and live responsible lifestyles. The NASPE Standards shape our program. To reinforce within our program standard # 5 and # 6 we have included, in collaboration with the school counselor, a community service project related to the PEHS Program.

Now here comes the tricky part of this proposal. My school is not a wealthy school, but is one of the top private schools on the island. We could definitely use some equipment because our department is not a priority in the school budget. But we are blessed with the fact that we have materials for our classes compared to other schools nearby.

If I win this grant, I would like to share the \$1200 US Games gift certificate with another school in our community. I really don't know which school yet, but at the moment I have a group of 11<sup>th</sup> graders going twice a week to a nearby school to do free after school PE clinics and the next semester another group of students 10<sup>th</sup> graders giving free soccer clinics in the municipality facilities to a very poor community. We could use part of the certificate for the PEHS Community Service Program that we have developed and the rest of materials to the school with the best interest of adopting JRFH and HFH programs for the next school year. We could have the students write an article about their experience of breaking social boundaries and promoting health through activities such as these where they create opportunities for a young kid to be active while enjoying the moment and cherishing for their life the importance of good choices, physical activity and wellness.

**PEHS Department & Community Service Club**

Deluxe Hoops 36	67.71
48 Ball Rainbow	186.19
Jumping Pack	176.39
Hard Rounded Markers	71.53
Color my Class 12*	44.58
9' Poly Fit Spots	48.99
Safety Guard Scooter	97.99
Flate a Hurdle 12	24.49
Deck Rings	36.25
Game craft bean bags	14.69
Heavy duty mesh bag	7.12
Fun-Air Scoop Ball	46.54
Sportogo Giant Soccer	78.39
Jumbo Beach Ball	102.89
	1005.93

## Jumping around the world

<b>Learning Expectations:</b>	Students will understand the importance of exercising to prevent cardiovascular disease and other health complications.
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<b>Grade Level:</b>	4 <sup>th</sup> & 5 <sup>th</sup> grade	<b>NASPE Standards:</b>	#1 Demonstrates motor skills and movement patterns to perform a variety of physical activity. #2 Demonstrates understanding of movement concepts, principals, strategies, and tactics as they apply to the learning.
<b>CSH Focus:</b>		<b>AAHE Standards:</b>	#1 Students will comprehend concepts related to health promotion and disease prevention to enhance health. #7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

### Introductory Activity:

The students will learn how to hold the Chinese Jump Rope at the ankles of two free standing students. Two students provide structure for the extended rubber-bands. The teacher demonstrates how to jump in between the suspended bands. A view of the jumps include: one leg cross over, both leg cross over, squeeze both, and jump to snap and start over again. The teacher will explain to the children how important it is to be creative in the way they develop jumps with the Chinese Jump Rope. This activity will serve also as a warm-up activity and students will take turns holding the Chinese Jump Rope.

### Lesson Focus:

**Students will be divided into 4 groups stations: red, yellow, green, blue. When the music stops, they must change station, following the order of the colors of the rainbow.**

**4-way Chinese Jump Rope:** Combine ropes with another group and form a four-way Chinese Jump Rope and have the children develop a routine. Everybody must take turn to hold the ropes

**Hopscotch Jumping Station:** There will be a 4 jump ropes in one end of the hopscotch and 4 jump ropes on the other end. The students will divide into 2 groups, standing at both ends of the hopscotch. The students will perform 10-15 jumps in the jump rope go through the hopscotch and grab another jump rope at the other end and jump 10-15 times. Everybody goes at the same time considering each other at the moment of going through the hopscotch pathway.

**New York Double Dutch:** Students will have 2 sets of double dutch and experiment the movement with the ropes and the fast jumping.

**Formula 1:** Students in this station students will jog around the volleyball court while going through a series of jumping obstacles such as hurdles, tires, hoops, rings, ect.... For motivation the group will be divided into two and each mini team has a assigned bucket with bean bags and an empty one. Students need to grab a bean bag, jog around the jumping obstacles and deposit that bean bag in the empty one. Then he picks up another one and continues until there are no more bean bags. Everybody participates at the same time maintaining personal space and awareness.

**Conclusion/Assessment:**

Teacher will ask the students if they felt any changes in their heart rate. The teacher will explain that while the students do jumps they promote Cardiovascular Development. The teacher will explain that the heart is the strongest muscle in your body but it needs to be taken care of. The teacher will ask the students what are ways to keep their heart healthy, and what are ways to harm your heart. Students will be told to think about activities that we could do more to maintain a healthy heart.

<p><b><u>Prior Knowledge:</u></b> Students must know how to jump rope individually. Prior introduction about double dutch is needed.</p>	<p><b><u>Vocabulary:</u></b> Chinese jump rope – is typically played by three players with an elastic band. While two children stand apart with a rubber band around their ankles, the third person proceeds to perform jumps following a pattern or making up a pattern.</p>
<p><b><u>Equipment/Materials:</u></b></p> <ul style="list-style-type: none"><li>-10 Jump ropes</li><li>-10 Chinese Jump Ropes</li><li>-30 Dome cones for marking the volleyball court lines</li><li>-Aerobic Steps, hula hoops, rings, spots, hurdles</li><li>-2 sets Double Dutch</li><li>-Music</li></ul>	<p><b><u>Safety Considerations:</u></b> Snapping the rubber-band cord can leave red marks on the legs. Control jumps and actions around other students. Remain on your feet at all times. . Encourage the children to be careful when they are swinging the rope. Have the children keep the jumping arch while turning. Control each jump to maintain safety.</p>
<p><b><u>Resource:</u></b> No one standing around in my gym PE Connections PE Activities for 3<sup>rd</sup> – 6<sup>th</sup></p>	