As a preschool and kindergarten physical education teacher at Robert Frost Elementary in Bourbonnais, Illinois, I believe in the American Heart Association and what it stands for. The Jump Rope for Heart event is a tremendous venue for teaching 3-6 year olds about their heart and the importance of exercise and eating right. Over the past two years the preschool and kindergarten students at Robert Frost have raised over \$10,000 through Jump Rope for Heart.

Our school district has a passion for teaching children to jump rope. At Robert Frost, children begin learning jump rope skills at age three. Many students become highly proficient jumpers during their first year of school in our district. Physical education teachers at the higher grade levels reinforce and build upon this foundation through jump rope clubs and challenges. We believe that jumping rope is healthy for the heart and foundational for any sport that children may play throughout their lifetime.

Jump Rope for Heart is an event that showcases the passion of our students, school, and community to increase the fitness levels of the children in our district and to help others who have heart disease. Thanks to the support of my administration and staff, I have been able to create an energetic environment that gets all children excited about exercise. The first year I held Jump Rope for Heart at Robert Frost, our PTO (Parent/Teacher Organization) provided funds to purchase a giant inflatable bounce house. Children of all ages, sizes, and abilities are able to jump during our Jump Rope for Heart event as a result of this purchase. It has been one of my greatest teaching pleasures to see some of my severely disabled students giggle with joy as they test their abilities in the bounce house.

The bounce house is only one of many stations at our Jump Rope for Heart event. Other station activities include forward, backward, and one-footed jumping, long rope jump, jumping on mini trampolines, listening to the heart through a stethoscope, playing a healthy food classification game, taking a rest and getting hydrated, and using various other pieces of equipment to jump.

Since our JRFH event includes 13 stations, I use many community volunteers to help run the event. Fortunately I never have to look very far. Many parents are eager to help. I also solicit help from our local university students who are studying to be physical education or elementary teachers. This gives prospective teachers an introduction to JRFH while giving them ideas for how to structure their own event in the future. In addition, our school has developed a partnership with our local Kohls store. Per our request, Kohls sends employees to our school to help with these large-scale events.

Over the past three years, I have been able to implement several programs and activities to help motivate children to move more. The 20/20 program is a district wide initiative that encourages children to exercise 20 times a month for 20 minutes. To help children meet this challenge during cold winter months, I worked with a sample of the student body and the technology department at our local university to create a professional exercise DVD. This project was funded by a grant. Children and parents find it fun and exciting to work out with their P.E. teacher in their own home.

My most recent project for getting children active is a program entitled "P.e.rmanent Learning." This title stands for P.E., reading and math. The premise of the program is to incorporate P.E. activities and skills in the regular education curriculum to help make learning permanent. One example of a simple activity is to jump rope while

counting by 2's or 5's instead of 1's. I have developed an entire curriculum with numerous activities that meet kindergarten state goals and NASPE standards. One aspect of this program has not yet been implemented. I plan to create a "Fit Lab" where teachers can bring their classes at any time of the day to move from station to station to get exercise and reinforce skills they have been learning in the classroom. Each station will have the equipment and materials in place to exercise and review curricular concepts.

The activities and programs I have written about provide a glimpse of the passion I have for helping children become physically fit and educated about their health. The funds that I receive from you will enhance my P.e.rmanent Learning initiative since I will use the money to purchase equipment for the Fit Lab. There will be over 20 stations in the Fit Lab so each child can work independently for a set period of time and then move on to the next skill area.

Specific equipment will be purchased for use in the Fit Lab. The largest investment will be mini trampolines and "jump-o-lenes." All children enrolled in our preschool are considered "at-risk." Many preschoolers are still developing their coordination and sometimes have difficulty learning to jump rope. Jumping on trampolines provides the same jumping pattern as jumping rope with greater success for our little ones. Trampolines are also fun and provide preschoolers with quality cardiovascular activity over a long period of time.

Other items to be purchased for the Fit Lab include hurdles and toners, which will increase the overall fitness of the children. Items such as Alpha Bean Bags, Alpha Buddies, 12-Sided Dice, and numbered balls will improve throwing, aiming and catching as well as math and reading skills (number and letter identification). The Station to Station and Jump Rope CDs will help add structure and a greater element of fun to the Lab which will, in turn, increase motivation. Mini parachutes will round out the Fit Lab curriculum by adding an element of cooperative play and teamwork as children develop their upper body strength.

The P.e.rmanent Learning Fit Lab will enhance our school's physical education program and will align directly with the NASPE standards and guidelines. Through repetitive motion and constant independent work at various skill stations, children will demonstrate greater competency in motor skills and movement patterns (Standard 1) and achieve and maintain a health-enhancing level of physical fitness (Standard 4). They will also have greater opportunity to participate regularly in physical activity (Standard 3) since teachers will use physical activity in the Fit Lab to teach math and reading concepts. Children will also value physical activity (Standard 6) and exhibit responsible behavior (Standard 5) as they participate in Fit Lab. They will learn the valuable skill of working independently and challenging themselves in a group setting.

I believe that children innately enjoy being active, but that our culture is gradually taking away opportunities for natural activity. This phenomenon forces me to be creative about how I encourage children to move more. The P.e.rmanent Learning program I have described is already working, but additional funding is necessary in order to continue and enhance the program's effectiveness. I ask you to partner with me in my quest to motivate and teach children how to increase their fitness levels.

Sample Budget

Item:	Cost per item through US Games:	Quantity	Total Cost
Jump O Lene	74.99	2	149.98
Trampoline with Bar	129.99	4	519.96
PortaPit Flex Hurdle	51.99	1 set of 4	51.99
Quick-fit Toners	7.99	6	47.94
Alpha Bean Bags	45.99	1 set of 26	45.99
Station to Station	18.49	2	36.98
CD			
Alpha Buddies	69.99	1 set of 26	69.99
12 Sided # Dice	89.99	1 set of 6	89.99
Numbered Balls	59.99	1 set of 9	59.99
Jump Rope CD	16.99	1	16.99
6'Parachutes	119.99	1 set of 6	119.99
			1209.79