2008-2009: AAHPERD Jump Rope for Heart/Hoop for Heart Grant

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The need to make a difference comes naturally with the middle school years. Students love the idea of having a good time and raising money for a worthwhile cause—the foundations of Jump Rope for Heart and Hoops for Heart. Because of this dedication to the American Heart Association, our students were successful in raising money each year through Hoops for Heart for over two decades. That dedication became passion when our community lost one of its most compassionate members from a heart attack over the Christmas vacation. The pain of this death was felt acutely at Waynesville Middle School because the wife of the deceased was a beloved sixth grade teacher at our school. Students quickly grasped on to the idea that they could honor a memory, ease some of the pain, and make a difference all through basketball.

From that year on, the Hoops for Hearts tournament took on a new side. Students worked to meet goals of fundraising that consistently allow our school to donate around \$3000 annually to the American Heart Association. The faculty at WMS uses this tournament to focus on the risks of heart disease and the role of lifelong fitness in fighting the disease.

During the tournament schedule, students are shown the ways to dedicate to lifelong fitness through a double-dutch jump rope competition and a dance off through the use of a Dance Dance Revolution PS2 game. Students participate through classes and as extracurricular activities during our Hoops for Hearts tournament season.

One of the greatest examples of lifelong fitness is the special treat of the winning student team. Students are not playing for a trophy or any type of reward. They are playing for the bragging rights of facing a faculty Hoops for Heart team. Because we are in the heart of ACC country, our Hoops for Heart tournament coincides with the March Madness of the ACC tournament and the beginning of NCAA basketball tournaments. Middle school students facing off against their teachers, coaches, and principals provide as much goodhearted ribbing as the stand off of Duke and Carolina fans. We take our basketball seriously—and are passionate about our WMS Hoops for Heart tournament.

This dedication to bringing fun and lifelong commitment to fitness characterizes our physical education program for our students. Building this commitment to fitness in our students requires that we are fully realizing Standard 3: Students participate regularly in physical activity. Our students must be fully engaged while in our courses so that we can instill in them a desire for and understanding of daily physical activity.

Providing our students with a disc golf course helps to accomplish the NASPE standards, our state's standards, and meet the needs of our students. We currently have a disc golf unit in our lesson plans, but are using light poles, field goal posts, trashcans, and concrete

pads as our targets. This layout is less than desirable and, we know that safety would be better maintained with an official course. We have the facilities for a 9-hole course, but need the equipment.

Our students love that we have incorporated disc golf into our curriculum. It is an activity that helps us to reach all students. Disc golf does not require that students have the athletic abilities that are required of traditional sports. It is our dedication that all students within our school receive physical activity each day. Disc golf can be modified to work with our special needs students and our adaptive physical education courses.

Our community has recently constructed an 18-hole disc golf course in our town. Equipment is available for participation and tournaments are starting. By training our students in the rules and regulations of disc golf, we are providing them with a foundation to use this course. This foundation provides another method for achieving fitness activities throughout their lives.

Budget:

Equipment	Unit	Amount	Total
	Price		
Lightning Golf Disc (1238280)	\$146.99	2	\$293.98
Travelers Disc Catcher 9 Target Course (1246063)	\$999.00	1	\$999.00
			\$1292.98